The Crazy Wisdom Community Journal

Southeastern Michigan's Conscious Living Magazine

FREE

May through August 2018 - Issue 69

Who Lived, Who Died, Who Told the Story?

The Crazy Wisdom Interview with *Dawn of Detroit* Author Tiya Miles – American Culture, Afroamerican Studies and History Professor at U-M, and MacArthur Fellow

Rite and Recognition — A Crazy Wisdom Exploration of Rites of Passage

Raising Musical Kids – A Peek under the Roof of a Musical Household

Spinning Dot Theatre • The State of Bees in Michigan • Hidden Lake Gardens • The Flower Growers' Co-op • Gluten-free Zingerman's • Emotional Eating • Forest Therapy • A Woman's Sanctuary at the Weber Center • Gaia Kile's Excellent Family Adventure • Nutrition and Mental Health • 100 Reasons to Live • Being Barefoot • Events Calendar • And More

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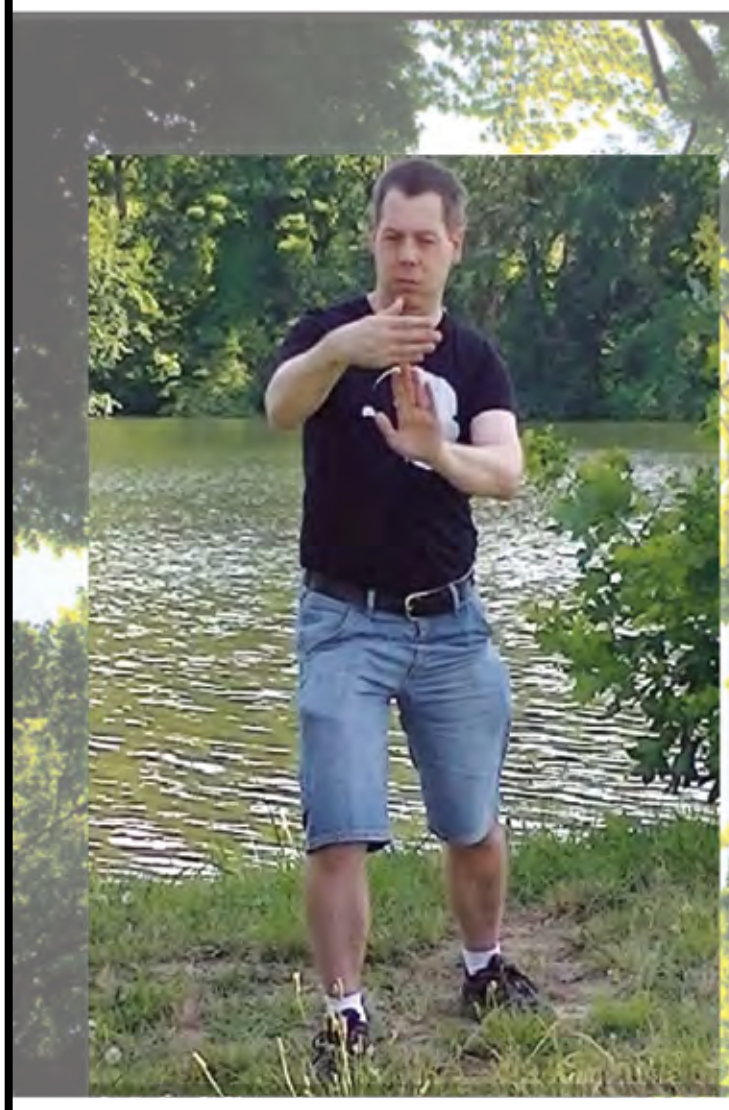

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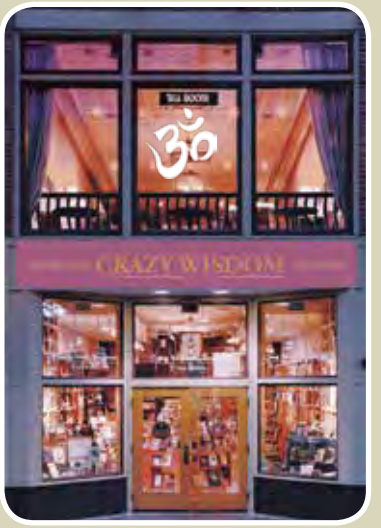
"*Crazy Wisdom*" is a term popularized by Chogyam Trungpa Rinpoche, one of the major figures in bringing Buddhism to the West. He described it as an innocent state of awareness that is wild and free, completely awake and fresh. It's a spiritual worldview that represents thinking outside the box — moving against the stream.



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Crazy Wisdom Monthly Book Discussion 7:30 p.m. in the Crazy Wisdom Community Room

May 18 • *The World is as you Dream It-Teachings from the Amazon and Andes* by John Perkins. Hosted by Bill Zirinsky.

June 15 • *I Am I Am I Am* by Maggie O'Farrell. Hosted by Deb Flint.

July 13 • *Astrophysics for People in a Hurry* by Neil DeGrasse Tyson. Hosted by Deb Flint.

August 17 • *Hygge-The Danish Art of Happiness* by Marie Tourell Soderberg. Hosted by Deb Flint.

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Starting in May, new blogs will be posted related to stories in recent issues. Guest bloggers include: Callan Loo and Mara Evenstar on rites of passage, Holly Higgins on nutrition, Sibel Ozer on art therapy, Dan Saferstein on becoming a psychologist, Beth Solberg on forest therapy, and more . . .

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Spinning Dot Theatre Performs International Plays for Young Audiences, and Everyone

The Ogreling by Suzanne Lebeau of Canada is a dark and wondrous play of a boy coming of age, discovering his otherness, and coming to grips with who he is and who he might become. Shadows, music, and the intensity of the play combine for a unique and transportive trek into this looming fairytale world. Directed by Tyler Calhoun and Jenny Anne Koppera.

By Joshua Kay

In January 2018, Newbery Award-winning children's author Matt de la Peña penned an essay for *Time Magazine's* website in which he posed a question to fellow Newbery winner Kate di Camillo: Is it the job of artists who make art for young audiences to tell the truth or preserve their innocence? Three days later, DiCamillo replied in a *Time* online essay of her own. She suggested that by telling the truth, these artists help their audiences feel seen and understood. Reflecting on E.B. White's story, *Charlotte's Web*, which has jerked more than a few tears, she wondered how White managed to make it both emotionally truthful and bearable. She concluded that White loved the world, and "in loving the world he told the truth about it — its sorrow, its heartbreak, its devastating beauty. He trusted his readers enough to tell them the truth, and with that truth came comfort and a feeling that we were not alone."

> **Is it the job of artists who make art for young audiences to tell the truth or preserve their innocence?**

A similar trust in its audiences marks the work of Ann Arbor-based Spinning Dot Theatre, which is known for presenting emotionally honest, resonant plays for young people. The company, which specializes in performing international works, embraces diversity, celebrates differences while illuminating commonalities, and reminds audiences that our shared world is both big and small at the same time. Three companies in one — the Repertory Company of professional, adult actors; the Teen Apprentice Program; and the Youth Company — Spinning Dot has produced shows that explore love and loss, identity and otherness, strife and friendship. In them, young characters often turn the tide, an undeniable message that they are capable, important, and can even change the world.

> **The play, *The Ogreling*, moves in the grey zone between darkness and light, traveling through places of unclear motivation and moral ambiguity, conflict and longing — something like life.**

The house lights dim in a studio space in Ypsilanti's Riverside Arts Center. The set is spare and simple. There is no theater lighting, at least not the common kind. Instead, as the actors take the stage they use iPhone lights, sometimes held, sometimes placed, to create a shifting tableau of light and shadow. Moody guitar and violin music contributes to a tone of mystery and possibility. The show is *The Ogreling* by Suzanne Lebeau of Canada, the latest production from the Spinning Dot Repertory Company. The play explores the idea of the "other" through the story of a young ogre born to a human mother and an absent ogre father. As the boy comes of age, his mother is desperate to suppress his emerging ogre characteristics. One could describe the show as a dark fairytale, but that would not do it justice. The play moves in the grey zone between darkness and light, traveling through places of unclear motivation and moral ambiguity, conflict and longing — something like life.

The Ogreling was written for young audiences, in this case ages thirteen and up, but it never coddles. During the show, I see rapt looks on the faces of adults and children alike. After the performance, the audience exits through a room full of exhibits — foods and objects to touch, taste, smell — reflecting the rich sensory language of the play. This is not ordinary children's theater, at least not in the United States.

> **After the performance, the audience exits through a room full of exhibits — foods and objects to touch, taste, smell — reflecting the rich sensory language of the play. This is not ordinary children's theater, at least not in the United States.**

Artistic Director Jenny Anne Koppera founded Spinning Dot Theatre after seeing international plays for children that gave "quality and attention to theater for young audiences the way that we don't get here." For example, she saw a company of Scottish actors who had worked on developing their show for three years, and the "other things in their bios were things like working with the Royal Shakespeare Company." She wanted to find ways to bring that level of artistry to children's theater here in the United States, but it would not be easy. "There were a lot of things set up against me," Koppera said. "I wanted to do a really long rehearsal process. I wanted to do plays that people have never heard of before. I wanted to bring topics to audiences that people are not usually dealing with even in adult theater, let alone children's theater."

She wrote to a mentor to ask if it would be crazy to start a theater company focusing on international shows. He replied, "It's crazy, but it's a good crazy." Hearing that, Koppera convened a small group of fellow artists to develop the idea, and their discussions led to picking the company's first play, *The Cat Who Ran.* A moving Japanese story about a chance meeting and unlikely friendship between a cat and a fish, Koppera said, "It would definitely let people know that what we're doing is different." Audiences responded. "Not only did the young people stay engaged, but the adults who never thought in a million years that they would feel engaged were engaged, which is the point of trying to create theater that's just good."

Associate Artistic Director Tyler Calhoun said that at Spinning Dot, "we approach each production with complete respect for our target audience, which is youth." At its best, he said, "Theater serves as a mirror that reflects life in all its nuances, beauty, pain, and joy. Theater can be a very powerful tool for expanding a person's sense of empathy and respect for differing opinions, cultures, and perspectives. In our current society, especially in the U.S., I think we could all benefit by having a stronger sense of empathy." But none of it matters if the show isn't good. Calhoun said, "We spend eight months devising each Repertory Company production, and it shows."

> **"In our current society, especially in the U.S., I think we could all benefit by having a stronger sense of empathy."**
> **— Tyler Calhoun**

The quality of Spinning Dot's work is what attracted Catherine Fritz to the company. Now co-director of the Teen Apprentice Program, which offers teens an immersive experience in all aspects of theater production, Fritz went to see a Spinning Dot show with low expectations because it was children's theater. She came away enchanted. "It was this beautiful, magical little piece of theater with such exquisite attention to detail. The story was amazing, and the performers were versatile and dynamic." Fritz assisted with Spinning Dot's youth summer camps before working with Koppera to develop the Teen Apprentice Program, which she described as

giving teens "an opportunity to feel both self-directed and supported" as they delve into the craft of theater. This year's teens are working directly with a playwright to develop their main production while pursuing individual projects in various aspects of theater. Last year, the company's production of *The Underground Library*, a South African play about government control of information, won the Audience Choice Award at the Detroit Fringe Forward Festival. Fritz said, "I feel like the kind of work that Spinning Dot chooses to do is making a contribution. It's getting people to think about new and different things. It feels full of vitality. It feels edgy sometimes. Spinning Dot is trying to make the world smaller and help people relate to people who are different from them." She said it's important to "receive and interact with stories from people we might otherwise 'other,' to humanize differences."

> "American theater for young audiences is often one flavor: sweet, sweet, sweet. But we aren't smiling all the time."

The Ogreling **by Suzanne Lebeaux is Spinning Dot's fourth Repertory Company production and first show designed specifically for Teen and Young Adult audiences. It features an ensemble of five performers and two musicians. Left to Right: Matthew Webb, Emily Levickas, Tae Hoon Yoo, Vicki Morgan, Jedi Curva, Emily Slomovits, and Kelly Fielder.**

Only A Day **makes the topics of life, death, and handling grief approachable for young audiences and their families. Featured in this photo are (left to right) Tyler Calhoun as Fox and Vicki Morgan as Mayfly.**

For founding Repertory Company member Tae Hoon Yoo, a.k.a. Big Fire, the diversity of the company and its audiences is meaningful. "Jenny wanted to open theater up to everyone," he said, adding that it's important that the shows reflect people's lived experience. "People are wearing masks every day and build a big wall to be safe, but in a theater space, when an audience member's story is synced [to the performance], the wall opens and they become vulnerable, just as the performers are." One of the special things about Spinning Dot is that it honors that children have rich emotional lives. "American theater for young audiences is often one flavor: sweet, sweet, sweet. But we aren't smiling all the time." Recognizing this emotional truth makes for good theater. Big Fire's one-man show, *A Mouth with Flame*, a poignant exploration of history, culture, and identity, was nominated for a Wilde Award for best theater for young audiences.

Spinning Dot also creates theater by kids. Actors ages 8 to 12 make up the Youth Company, which formed in Fall 2014 within a year of Spinning Dot's founding. These young actors stay together for the entire school year, like the Teen Apprentices and the Repertory Company. During that time, they develop an international play and devise an original work inspired by folk tales from around the world. They don't shy away from challenging subjects, either. Their first major production, *The Bridge*, was a play from Kosovo that explored themes of friendship, community, conflict, and reconciliation. The next year, the company performed a Danish play, *Winner Takes All?*, that examined pressures of competition and conformity. Like the actors in the other Spinning Dot companies, Youth Company members are involved in all aspects of the production. Big Fire admires that: "It's important to give them ownership. The world is for them, for their future."

As for Spinning Dot's future, Koppera sees the need to keep reaching new audiences, and she intends to do that by continuing to perform diverse, emotionally powerful stories that respect "how much young people know and are thinking about." The name "Spinning Dot" reflects that we all share one planet, this spinning dot called Earth. Koppera said, "The idea of 'globalness' and getting it into the hands of young people, I think that's crucial in our crazy world, because we're not isolated little beings anymore. As our world gets bigger and smaller, you've got to have [connection], otherwise 'otherness' can become dangerously present."

> Spinning Dot also creates theater by kids. Actors ages 8 to 12 make up the Youth Company… These young actors stay together for the entire school year... During that time, they develop an international play and devise an original work inspired by folk tales from around the world. They don't shy away from challenging subjects, either.

Only A Day **is a German play by Martin Baltscheit and marks Spinning Dot's third Repertory Company production. Featured in the play are (left to right) Tyler Calhoun as Fox, Vicki Morgan as Mayfly, Emily Slomovits as Cricket/Mayfly 2, and Tae Hoon Yoo as Boar.**

By masterfully performing plays that explore themes that are central to the lives of young people and adults alike — family, friendship, love, loss, conflict, reconciliation, identity — and doing so with actors who reflect the diversity of society, Spinning Dot is, as Teen Apprentice co-director Fritz described, "expanding people's idea of what theater can be. It's helping theater to gain a wider audience by drawing people in who might otherwise not be interested at all." Those audiences can get the emotional experience that good theater provides. "It's almost like an emotional flush," Fritz said, smiling. "To me, that's what good theater feels like. I get to be happy! And sad! And exuberant! And terrified! And feel empathy! And be heartened by people's resilience! All of those things. To me, that's the heart of theater, and that's what keeps me going back."

For more information, go to www.spinningdot.org.

Growing Local

Michigan Flower Growers' Cooperative Brings Local Flowers to the Table

By Chelsea Hohn
Photos by Cat Carty Buswell

In the middle of the growing season in 2017, something brand new sprouted in Ann Arbor. Grown with care, the Michigan Flower Growers' Cooperative was founded on July 5, 2017, and ran through the rest of the growing season with great success. Now, they're approaching their second year of bringing locally-sourced flowers to southeast Michigan, serving everyone from local flower shops to DIY brides to individual consumers with beautiful blooms.

Market manager Amanda Maurmann sorts flower buckets before the start of market.

The goal was fairly simple: connect local growers to buyers, easing the logistics between both parties and bringing more business to local growers by increasing the availability of local flowers. The idea for the cooperative came from Amanda Maurmann, who owns a flower growing business called Gnome Grown Flower Farm, and Alex Cacciari of Seeley Farm. Their initial conversation was in no other place than in the field; their ideas were passed back and forth as they harvested. They knew they wanted to connect local growers to florists and designers, but their idea needed structure. Once they found the Seattle Wholesale Grower's Market Cooperative, they had a model to work off of. They then brought on Trilby Becker of Sunseed Farm. Both women already owned their own businesses and wanted an extra set of hands to help get the co-op off the ground, as well as another opinion and voice as things came together. Becker, who also owns her own business, became the third member of the team.

> "The goal was fairly simple: connect local growers to buyers, easing the logistics between both parties and bringing more business to local growers by increasing the availability of local flowers."

It's no surprise that the local food movement is important to southeast Michigan. In Ann Arbor alone, the farmers' market is robust year-round, and stores like Argus Farm Stop have made local food even more appealing and convenient. This mindset is growing past food and into flowers.

Shoppers peruse the market floor on an early July day.

Typically, if a farmer wants to sell flowers to a wholesale buyer, there's lots of back-and-forth conversation, logistics coordinating, and timing to work through. The Flower Growers' Cooperative takes the logistics away from individual farmers and allows for one point of reference. Growers buy into the co-op and bring in what they choose on a weekly basis, and buyers either purchase a season pass to shop the market all year, or there are day passes available for brides and anyone else looking to buy flowers for a special event. Instead of communicating with 10+ farms, a buyer comes to one market and buys from those 10 farms. This makes it easier for local florists to get local flowers to the public, as well.

> "Visitors were greeted with buckets teeming with color, huge showy blooms, delicate foliage, and an array of scents overwhelming the senses. Huge blush-colored dahlia blooms stood waiting in buckets next to cheerful sunflowers, while windy grasses and greenery tucked themselves into the mix."

Last year, the co-op held a one-day open house for the public at Passionflower, a floral design studio in Ann Arbor. Visitors were greeted with buckets teeming with color, huge showy blooms, delicate foliage, and an array of scents overwhelming the senses. Huge blush-colored dahlia blooms stood waiting in buckets next to cheerful sunflowers, while windy grasses and greenery tucked themselves into the mix. Buckets were labeled by each grower, and the line to buy flowers kept growing. Cacciari and Maurmann have gotten feedback from more people who want to be able to access the market. There's a growing interest in local floral design, and the co-op is making it much easier to find great choices.

Traditional Lillies

The co-op also appeals to small-scale growers and those just starting out, as well as established farms. Many growers face the challenge of volume. They may have a premium product but not enough of it to sell to florists, who may require lots of one type of flower. The co-op makes it convenient for smaller growers to bring what they have and allow a florist to add flowers to their picks for the week.

In their inaugural year, the co-op had 13 growers, including larger well-known local names like Goetz Farm, Green Things Farm, and Seeley Farm — but also smaller farms that may be just starting out, or just reaching into different markets, like Lindsay Daschner of Forget Me Not Farms.

"The co-op has been super awesome and has allowed me to branch out and be in the Ann Arbor market," Daschner said. Forget Me Not Farms is located about 40 miles south of Ann Arbor in Ottawa Lake. In addition to being helpful to expand her market, the co-op has given her a safety net to take risks in growing and has helped her find an entirely new community to be a part of.

> "Now, members can plan to have additional inventory for buyers. It also allows growers to experiment, to take risks with smaller volumes of more interesting flowers."

"Much of floral design is heading towards a less traditional look: things like seed pods, woody branches, tomato vines, and vegetables are making it into arrangements — and into the co-op."

Since the co-op started last year in the middle of the growing season, most members brought what they had already been growing. Now, members like Daschner are planning ahead. "I've doubled my dahlia order for this year," she said.

Now, members can plan to have additional inventory for buyers. It also allows growers to experiment, to take risks with smaller volumes of more interesting flowers — most of which did really well last year, explained Cacciari. Much of floral design is heading towards a less traditional look: things like seed pods, woody branches, tomato vines, and vegetables are making it into arrangements — and into the co-op. The Flower Growers' Co-op allows growers to take risks with materials that may be considered "strange" without as much fear of not selling. This also means that buyers can work directly with the co-op if they know they have a wedding coming up, and growers can plan accordingly.

Professional buyers were extremely happy with the co-op last year, according to Danielle Vignos, owner of University Flower Shop. Vignos explained that working with the co-op allowed her a convenient way to work with local growers and support an ever-expanding market of local flower growers. Being a small business owner, supporting other local businesses is important to her. Plus, the product that she receives from local growers is premium. The blooms are better, the stems are stronger, and overall it's a much better product to work with.

"There's a sense of camaraderie. We're all on the same side growing things, and everyone wants everyone to succeed."
— Lindsay Daschner, owner of Forget Me Not Farms

Vignos explained that the co-op has an easy online ordering system, which makes planning ahead for weddings and retail, both of which University Flower Shop does, very convenient. And, instead of there being competition, there's a strong sense of "we're all in this together." Even buyers like Vignos share the excitement around supporting several local growers.

"It makes our job even more fulfilling," she said. "It's so cool when you know the person spending the time growing and then you get their product. It's a special interaction. That exchange is super powerful, and it's amazing."

Cacciari explained that having that much product together was actually quite beneficial. She said that she could send her inventory list to a florist or wholesale buyer, "But it's more appealing for a buyer to go to one place at the same time and get stuff from me and from 12 other growers, as well." This spreads the wealth across several growers.

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"It's so cool when you know the person spending the time growing and then you get their product. It's a special interaction."
— Danielle Vignos, owner of University Flower Shop

"There's a sense of camaraderie," says Daschner. "We're all on the same side growing things, and everyone wants everyone to succeed." Luckily, there's a market for them all to succeed.

Brides want to support local farms in their wedding designs, and local events are beginning to utilize the bounty of locally grown flowers, as well. Cacciari said that this has taken a bit of education, teaching customers and florists about what is in season throughout the year, as well as showcasing the wide variety of flowers that can be grown in Michigan. This information can lead to a greater appreciation of what we have available to us, what is in season now, and a better understanding of our landscape as a whole. Vignos finds that there's still a gap, though. People buying local food understand the benefits, but buying local flowers has yet to become as popular as local food.

The Michigan Flowers Growers' Co-Op is a beautiful working and breathing example of a community that is making local work, and putting it first. It's been highly impactful for the growers and given convenience to buyers. Founders have high hopes for the future: growth is on the menu, and they already have customers in Detroit asking for a second location. For now, they're tending to what they've just begun to grow and paving the way for a strong future of local blooms in Michigan.

For more information visit their website miflowercoop.com or email info@miflowercoop.com.

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The State of Bees

Every winter, on average, we lose 30 to 50 percent of our bee population in Michigan...Most apiarists say that a sustainable loss rate is between 10 and 15 percent.

By Chelsea Hohn

Imagine a living thing that has an effect on almost every food you eat. It also plays a role in the trees you see, the weeds you pull, and the coffee you drink each morning. Our entire ecosystem would be radically changed if these beings were to disappear.

Bees are the tiny, hard working, often pesky pollinators that so graciously play a part in maintaining the delicate ecosystem we share. We need them, desperately, to be able to do their job: pollinate.

But bee populations have been decreasing at an alarming rate for decades, and scientists still don't completely understand why. This problem extends from our small corner of Southeast Michigan all the way across the U.S. and to other parts of the world.

We share this ecosystem with the bees, and it's safe to say that we play a large and unclear role in the reason that their population is in decline. It's our job as cohabitants of this world to do the best we can to support them.

Every winter, on average, we lose 30 to 50 percent of our bee population in Michigan, says local apiarist Meghan Milbrath. Most apiarists, also known as beekeepers, say that a sustainable loss rate is between 10 and 15 percent. In January through March 2016 alone, Michigan lost an estimated 46% of its bee colonies, according to data from the United States Department of Agriculture (USDA).

[Asked why] the population of bees is declining at such a rate, Milbrath mentioned Colony Collapse Disorder, but emphasized other factors playing a part as well: poor nutrition, pesticides, pathogens, and pests.

Central to the problem is a phenomenon known as Colony Collapse Disorder (CCD), in which most of the bees abandon their hive, leaving their queen bee behind. The disorder is primarily affecting the *apis mellifera* (the western or European honey bee). This has been reported in colonies throughout the entire world and began gaining public recognition around 2006. The cause of CCD is still unknown, but some evidence points to neonicotinoids, a chemical in many insecticides that is deadly to colonies.

CCD isn't the only issue bees and their keepers are facing.

Milbrath, owner of The Sand Hill, an apiary in Munith, has been keeping bees since she was a child, beginning as a project with her father. It wasn't until 2011 that she started keeping bees as a business. She did her research on bees at the University of Michigan and her postdoctoral work at Michigan State, studying honeybee transmission.

When asked about why she thought the population of bees is declining at such a rate, Milbrath mentioned CCD, but emphasized other factors playing a part as well: poor nutrition, pesticides, pathogens, and pests.

Big farms are planting right up to the road, without any uncultivated strips of land where wild, pollin-producing plants can grow...Rows of corn mean nothing to a hard-working bee, because farm crops like corn do not feed bees.

A particular pest that has been raiding hives is the Varroa mite, which has been with us since the 1980s, Milbrath said. Once this mite gets into the hive, there is a 96% death rate for those bees. The USDA released a study in May 2016 in which they surveyed over 23,000 beekeepers. Approximately 3,300 beekeepers with five

Continued on page 14

The State of Bees

Continued from page 13

colonies or more reported the Varroa mite as the leading stressor affecting their colonies. Of the 20,000 beekeepers surveyed who had less than five colonies, the Varroa mite was also the leading stressor.

Bee colonies are also falling prey to diseases, like viruses, fungus, and bacteria. And new diseases are sprouting up each year.

Quite possibly the most surprising cause of bee decline is malnutrition. “Lots of colonies die because of not enough food,” says Milbrath — in other words, a lack of enough pollen-producing plants to feed the pollinators. Colonies with poor nutrition are at a further disadvantage to fight off pests, pesticides, and diseases.

Big farms are planting right up to the road, without any uncultivated strips of land where wild pollin-producing plants can grow. Not enough big farms are incorporating pollen-producing plants into their land. Rows and rows of corn mean nothing to a hard-working bee, because farm crops like corn do not feed bees.

So what will happen if we continue this way?...“We wouldn’t lose all our food, but we would lose all of the good stuff,” Milbrath said. “We would still have corn and wheat, but no apples, no blueberries, no tomatoes...”

In addition, much of the landscape in Southeast Michigan is sod (grass) and pine trees, which equates to a “food desert” for bees. Bees might fare better in a city, where at least flowers dot yards throughout a neighborhood.

So what will happen if we continue this way? What will our shared ecosystem look like if we continue to lose pollinators year after year? According to apiarists and scientists, that outlook could be grim.

“We wouldn’t lose all our food, but we would lose all of the good stuff,” Milbrath said. “We would still have corn and wheat, but no apples, no blueberries, no tomatoes…” No peppers, pumpkins, or pawpaws. About 70 percent of our food crops rely on pollinators.

Also, our prairies and forests rely on bees, which pollinate many plants in that ecosystem, which in turn provide habitat for many animals. Therefore, not only our diet, but also our landscape would drastically change if we lose our pollinators.

Milbrath wants to make clear, honey bees aren't in danger of going extinct, yet. “It’s just much more difficult to keep them alive and healthy. The native pollinators — including about 465 other types of native bees in Michigan — are the ones that are at greater risk. Some are doing fine, but other species are endangered.”

The native pollinators [such as wasps, butterflies, and moths] — including about 465 other types of native bees in Michigan — are the ones that are at greater risk...They are not mobile, they do not have caretakers (like beekeepers), they have to depend on natural habitat, and they do not fly as far.

Native pollinators specifically are often forgotten about, or simply overlooked in the public discussion of plant pollination. Wasps, butterflies, and moths are all native pollinators that are often shaded by the honey bee. But honey bees can’t do the work of pollinating the world’s plants by themselves; they need the help of the other species of pollinators, too.

Before honey bees were brought to North America, we used to depend on native pollinators to do all the pollination. “Since about the 1940s, however, we began changing the land in ways that don't support native pollinators, and began to depend on honey bees for our food crop pollination,” said Milbrath.

These other pollinators also help pollinate food crops. “However, they can't always replace honey bees — they are not mobile, they do not have caretakers [like beekeepers], they have to depend on natural habitat, and they do not fly as far. That means that there has to be land that can support both their nesting and food needs and be located close to a crop in need of pollination. The issue is not that we don't have other pollinators that are up to the task; it is that there is not land that has enough *consistent* food for them and adequate nesting spaces that are safe from pesticides.”

Eileen Dickinson started Bee Safe Ann Arbor in 2016, a canvassing effort to get neighbors to pledge against using certain chemicals that are harmful to pollinators. Areas and yards that follow the guidelines can be designated as “Bee Safe” by the organization.

Dickinson started beekeeping in 2010. Early on, she had a colony exposed to a pesticide and, she said, “It was very hard to witness their struggle. After taking some workshops at Spikenard Farm in 2011, I knew I needed to follow their model of beekeeping. They are in a pristine area in the Blue Ridge Mountains of Virginia, surrounded by small farms — mostly grazing — and an organic farm. The bees thrive there.”

“I am convinced that if bees and other pollinators are no longer exposed to so many insecticides, herbicides, fungicides, et cetera, they will thrive,” [Dickinson] stated.

When Dickinson heard about some folks wanting to establish Bee Safe in Ann Arbor, she joined in. “I am convinced that if bees and other pollinators are no longer exposed to so many insecticides, herbicides, fungicides, et cetera, they will thrive,” she stated.

Bee Safe uses three main tiers of requirements for areas to be designated "Bee Safe." The first is a pledge against using pesticides, specifically ones with neonicotinoids in them. This chemical, similar in compostion to nicotine, is taken in by the plant and comes out in the nectar and pollen. The second tier is to not use any fertilizer or fungicide that is commonly used on lawns. The third level is to pledge to plant pollinator-friendly plants. Abide by at least two of these requirements and your yard can be considered "Bee Safe"!

Ann Arbor and Ypsilanti are considered "Bee Safe" cities, and Normal Park in Ypsilanti was the first neighborhood to receive this certification in Michigan. Dickinson took to the streets to make Wurster Park Ann Arbor's first Bee Safe neighborhood and, since then, the organization has educated many people throughout Washtenaw County about how they can better support pollinators. By the end of their first year, they had 75 contiguous neighbors who had signed the pledge to be "Bee Safe."

Canvassing movements like these are becoming more and more prevalent around the country, and both Dickinson and Milbrath have seen an uptick in interest in pollinators since they have been involved with bees. Interest may not always yield immediate results, but it is a first step toward helping bees. "It's cool to see people learning about their food systems and the native pollinators," said Milbrath.

There are several clubs in Ann Arbor where locals can get involved, get educated, and take action to protect pollinators in our area: Ann Arbor Backyard Beekeepers, UM Bees, and the Southeastern Michigan Beekeepers Association. The Michigan Beekeepers Association is a very active organization, under which there are many local groups throughout the state. Regular meetings can be attended by the public, and most groups are very open to new members.

As the public learns more about pollinators and bees, we're also learning that beekeeping isn't the only thing we can do: it's important to plant and use the space that you have to support pollinators. This last tier of the Bee Safe movement — to plant pollinator-friendly plants — is what Milbrath argues is our most powerful resource. As pollinators struggle to find food, it's up to us to provide it for them. And it doesn't have to take much effort.

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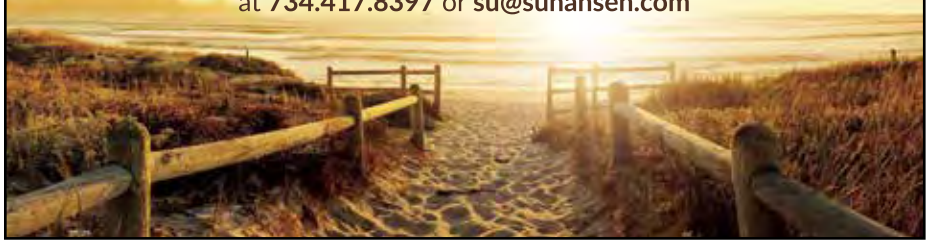

"A lot of people think you have to be dramatic or create this hippie wonderland yard," said Milbrath. But you can keep mowing your lawn, and you can create a beautifully landscaped yard that's also incredibly bee-friendly; the two can easily go hand-in-hand. Wait to mow the goldenrod until after it's bloomed, choose a basswood or other pollen-producing tree instead of something ornamental, let some of your herbs go to flower. Changing your own landscape to be more bee friendly doesn't have to be a complete overhaul like many think; it just takes a few efforts on all our parts.

It's important to plant and use the space that you have to support pollinators..."A lot of people think you have to be dramatic or create this hippie wonderland yard," said Milbrath. But you can keep mowing your lawn, and you can create a beautifully landscaped yard that's also incredibly bee-friendly.

Dickinson would like to see people planting their lawn extensions with pollinator-friendly plants. "It's kind of wasted space you have to mow," she said. Even planting lots of one type of plant that benefits pollinators is helpful. Putting lavender in place of your lawn extension is not only a feast for bees, but a patch of color added to your yard.

To truly provide a haven of food for pollinators, though, it's best to plant several different types of plants, so that something is always in bloom. Bees like variety, and having different food around throughout the seasons will not only benefit them, but also keep your own garden alive. And, if you really have the space, plant trees.

"Trees are important because they flower at important times of year," said Milbrath. One tree alone can produce 1000 flowers, a tremendous amount of food for bees.

"Trees are important because they flower at important times of year," said Milbrath. One tree alone can produce 1000 flowers, a tremendous amount of food for bees. Maple trees, basswood, sumac, black locust, and willow trees are all pollen-producing. Basswood trees are the biggest nectar producers in Michigan, and just two trees can provide an immense amount of food for bees.

The awareness is spreading beyond your neighbor's yard. Large organizations like the University of Michigan are making moves to dedicate specific portions of land for developing pollinator habitats. Parts of UM's North Campus outdoor areas are being left unmowed in order to provide more pollinator food sources. Even auto giant Ford has contacted Milbrath looking to make their land more pollinator-friendly.

It's a slow movement. Businesses and neighbors are just beginning to wake up to this issue. The price of honey is beginning to rise — surely this will not go unnoticed. But the "save the bee" movement is showing signs of success when large corporations try to pitch in. And as is the case with many environmental issues, this will start, very literally, from the ground up.

BEEKEEPING RESOURCE LIST

The Sand Hill: sandhillbees.com
Michigan Beekeepers' Association: michiganbees.org
Bee Safe Ann Arbor: facebook.com/beesafea2
Ann Arbor Backyard Beekeepers: www.a2b2club.org
University of Michigan Beekeeping (UMBees): https://www.facebook.com/UMBees/

Taking a Drive to Hidden Lake Gardens

Photo provided by Hidden Lake Gardens

By Angela Madaras

There are few places left in our area where we can find natural gems that are virtually unknown yet created for the public's use and enjoyment. Michigan State University owned and operated Hidden Lake Gardens is just one of those spots in Southeast Michigan within a short and scenic forty-five-minute drive from Ann Arbor. The pristine park with its well-maintained gardens, lake, conservatory, 10 miles of hiking trails, and six miles of paved trail for biking, driving, and motorcycling make up 755 acres of pure heaven for nature lovers and outdoor enthusiasts of all ages. One can enjoy the property all year round as the seasons unfold naturally to our cooler climate. The Kellogg Foundation contributed funds for a wheelchair-accessible trail and a few raised beds, which make the gardens wonderful for all to enjoy. I am one of those people who occasionally need a wheelchair or walker and at times can only drive in a car as a passenger to enjoy the picturesque beauty and grace at its finest. The accessibility of Hidden Lake is a real gift. There is also an auditorium, restrooms, classrooms, and a small library and gift shop within the buildings on the grounds. A picnic area with shelter is available without need for reservation, and there are plenty of spots on the property to sit and reflect on the natural surroundings.

Spring Bulb Show in the Conservatory

Photo provided by Hidden Lake Gardens

Photo provided by Hidden Lake Gardens

"After the indoor journey, visit the Bonsai garden, which offers a time of reflection to pause in the abundant beauty and grace of nature."

I spent some time in this area as a young child, with a few memories of Hidden Lake Gardens itself and also of Irish Hills and other local kids' parks. When you visit, you will see why this is such a magical place and why we, as a community, need to support its existence. Funding for such public parks is dwindling, and so are natural areas in general, for development and privatization. It is my hope that people will spend more time investigating these natural areas available to us in our area and state so that our future generations will want to save and restore these consecrated grounds for the seven generations ahead.

Now I will take you through the park with me as your eyes. First you turn off the scenic Highway 50 into a gated entrance, where a friendly staff member stands inside a box ready to take the three-dollar entrance fee (children under two are free) in exchange for pamphlets and maps to help navigate the area. The asphalt one-lane road winds around a natural park setting with trees and shrubs marked with signs describing breed and species names of most plants. The path guides you along to either remain on the one-way road or visit the buildings, conservatory, and parking area. Kids can enjoy the library and gift shop as well. It is also a good time to apply sunscreen and fill water bottles. This might also inspire the powers that be to invest more in our public parks for future generations.

"My husband loves the succulents, tropical and arid plants from his homeland of Arizona, and breathes in the sunlight as if it were life itself, especially in the winter. I prefer the pristine conifers, the trees of Michigan standing proud out-of-doors, and the lovely small lake, a smaller pond with rock garden and walls that were hand crafted by the original property owner-donor and Adrian businessman Mr. Harry Fee."

Photo by Russell+Millett

Photo provided by Hidden Lake Gardens

After the indoor journey, visit the Bonsai garden, which offers a time of reflection to pause in the abundant beauty and grace of nature. My husband loves the succulents, tropical and arid plants from his homeland of Arizona, and breathes in the sunlight as if it were life itself, especially in the winter. I prefer the pristine conifers, the trees of Michigan standing proud out-of-doors, and the lovely small lake, a smaller pond with rock garden and walls that were hand crafted by the original property owner-donor and Adrian businessman Mr. Harry Fee. He bought his dream property at age 50 upon his retirement in 1926. He eventually donated it to Michigan State University. Later the Herrick family of Tecumseh donated funds for buildings, repairs, picnic area, and conservatory. Other donors and funds have allowed for acquiring more plants and property along the way.

Climb back in your car and make your way down the road. Slow and stop, or even turn off your ignition, when you hear bird songs that you may have never heard before. Meander up and down hills, around curves, and along straight runs and you will see the pond, lake, rock walls, and the picnic area. Five hundred specimens of conifers can be visited next to stone benches perfect for reflection, meditation, and photo ops. There are hostas lining the hillside by Hidden Lake in 800 stunning varieties. Small children might be found playing by the shore skipping stones and laughing while rolling in the grass. Butterflies, hummingbirds, and smaller birds find their way through the trees and land, occasionally resting in the shade.

Photo provided by Hidden Lake Gardens

"Five hundred specimens of conifers can be visited next to stone benches perfect for reflection, meditation, and photo ops. There are hostas lining the hillside by Hidden Lake in 800 stunning varieties. Small children might be found playing by the shore skipping stones and laughing while rolling in the grass."

Sculptures and artwork also are hidden along the trail, so keep an eye out for them in this sacred space. Snakes and other smaller creatures also live here and appreciate guests being respectful of their home. You will occasionally run across a small parking turnout to allow time to hike around the woods or take photographs. My friend and I once went with a bird song app so we could figure out what we were hearing. We never found this one bird we were looking for, but we are determined to find it this spring on our annual spring ride.

This is a good time to remind everyone of poison ivy and oak. Make sure you know what it looks like. I keep a medical napsack with natural poison ivy spray made of rubbing alcohol and jewelweed. Look online for other remedies. Always be prepared when in nature, especially if you plan to hike.

"During the fall months this open field shimmers gold with grasses and wildflowers preparing for winter. Birds are saving up energy to fly south, and the occasional migrating butterfly brushes up against the softness of a child's cheek."

As the end of the trip approaches, the road goes through an open valley with older, larger trees. It is the perfect place for a simple picnic or nap. During the fall months this open field shimmers gold with grasses and wildflowers preparing for winter. Birds are saving up energy to fly south, and the occasional migrating butterfly brushes up against the softness of a child's cheek. Sometimes deer will sneak a run

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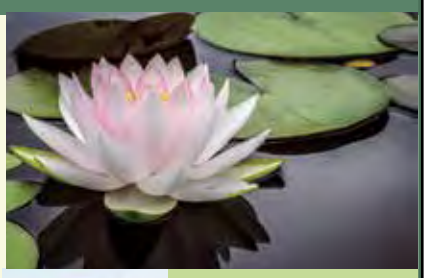


Presenter: Lou Weir, ordained Diamond Approach teacher

Photo provided by Hidden Lake Gardens

across the field for safer grounds. It is this moment when the reality hits that the time has come to once again get back on the highway to head home. Or, pay another three dollars and do it all over again. Maybe this time on a bike or by foot. The gate closes promptly at 4 p.m., 7 p.m. in summer. Bring your camera. There are so many beautiful moments and visions to capture within the many acres here.

"Throughout the year, Hidden Lake Gardens offers guest speakers, classes, plant sales, and other special events. I have heard they have a stunning holiday light show in December. Easter egg hunts are a big deal with the local children, and Hidden Lake also sponsors some runs and bike races."

Throughout the year, Hidden Lake Gardens offers guest speakers, classes, plant sales, and other special events. I have heard they have a stunning holiday light show in December. Easter egg hunts are a big deal with the local children, and Hidden Lake also sponsors some runs and bike events. Always check the website and call ahead to see what is happening and when. Volunteers help keep the place running, so consider this to be a great opportunity to donate either time or money. In this way we save a precious parcel of land, innumerable plant species, animal habitats, and educational information we must pass along. Maybe meet along the path.

Photo provided by Hidden Lake Gardens

Hidden Lake Gardens is located at 6214 Monroe Road (Hwy M-50) in Tipton, Michigan, 49287. For more information about Hidden Lake Gardens and their programs and facilities, call (517) 431-2060.

Forest Therapy ~ Embracing Nature, Connecting with Others

Interview by Beth Solberg

On the night before winter solstice in 2017, I was part of a small group that set out at dusk from the parking lot at Matthaei Botanical Gardens, carrying paper globes as we entered the adjacent woods on a footpath. Our guide, Ann Arbor artist and art teacher Cayla Samano, had distributed the lanterns beforehand. As darkness came down around us, the light-sensitive globes turned on, bright white orbs in the shadowy woods. Ice and snow crunched underfoot. We took our time, Cayla reminding us not to rush, asking us to slow our pace.

When we reached a gazebo in the woods, she paused to check if everyone was warm enough and gave us our first "invitations" – carefully chosen prompts offered by the guide to help awaken the participants' senses. She began with hearing, first asking us to close our eyes: what was the most distant sound we could detect? The closest? After each question there was a long pause in which to see what our senses would turn up. Before asking us to open our eyes she said, "Imagine, as you open your eyes, that this is the first time you've seen the earth. What is it like to see for the first time?"

When we reached a gazebo in the woods, she paused to check if everyone was warm enough and gave us our first "invitations" – carefully chosen prompts offered by the guide to help awaken the participants' senses.

Following these first invitations, Cayla bent to pick up a twig from the path. She invited the group to share their reflections on this first round of exercises, a practice called "council," handing the first volunteer the twig as a speaking piece. After he spoke, he passed the piece onto the next person, and this continued until everyone who had wanted to share had spoken. The walk continued, and we had about two more rounds of invitations before returning the rather short distance to the Botanical Gardens. Invitations made use of the natural surroundings, including Fleming Creek, which beautifully traverses the woods. After each council, turning my senses again to the surrounding forest put me in a different headspace – it seemed that there was abundant time, as if my attention could be fully absorbed merely by what was around me in the woods. It brought me a deep sense of calm. For the final invitation, Cayla commented that although the winter woods may seem dead, in fact they are dormant, like fields left temporarily unplanted by a farmer. Before sending us to find an opportune place in the woods to meditate for a few minutes, she asked us to reflect on what it might be like to be fallow ourselves, to not expect ourselves to always be productive.

Once inside the humid greenhouses at the Botanical Gardens, Cayla pulled out a few thermoses of tea she had prepared at home, along with small ceramic cups, and served us tea. The tea ceremony, like the invitations and council, is a key element of forest therapy. It is a gentle way to transition back into everyday life from the contemplative mental state participants enter on the walk.

In this state, you're able to just be in the present moment. This can also happen for some people in meditation. That liminal state is very calming to your nervous system and it can be very healing.

I visited Cayla at her Ann Arbor home to ask her some questions about the up-and-coming practice of forest therapy in the U.S. As an artist, former art teacher, and NOLS-certified wilderness first responder, I knew that she would have interesting things to say.

Beth Solberg: First of all, what is your background?

Cayla Samano: I taught elementary art for eight years, I have a bachelor's in visual arts education and fine arts, and I've been working as a freelance illustrator as well. I also teach at the Ann Arbor Art Center.

BS: What is forest therapy?

CS: Forest therapy is inspired by a Japanese custom called forest bathing *(shinrin-yoku)* practiced in Japan since the 1980s, which was promoted by the Japanese government to manage very high levels of stress in the population. They started doing research on ways to reduce cortisol, which is the hormone behind symptoms we associate with stress. Now there is a huge body of data around nature therapy and how your body interacts with nature. Phytoncides are chemicals that trees give off that interact with your body's immune system and boost your N-killer cell count. N-killer cells fight infections.

I feel this is a growing need that people are becoming aware of all over the planet. It's telling that this movement is happening now, when we're at the height of the technology wave, with technology in every aspect of our lives. What that means with handheld technologies is that we have less and less brain space to be connected with our environments because we're always connected with an electronic data sphere rather than with the places where we physically are. Recent research is finding that technology is addictive, that there are dopamine reward cycles triggered by things like comments and likes on Facebook, that we become addicted to the technologies that are supposed to help us.

I feel this is a growing need that people are becoming aware of all over the planet. It's telling that this movement is happening now, when we're at the height of the technology wave, with technology in every aspect of our lives.

That's the biological part of forest therapy. The second part is cultural repair, which is what makes it different from a walk in the woods. Forest therapy guiding provides a safe experience for people who may never have been in nature. There is also the sharing and shared aspect of the forest walk. In the council circle, guides offer participants a way to reflect on their experiences without judgment, which is something they might not have in other areas of their lives. It's about the opening up of dialogue between people. The council aspect is unique to forest therapy as it is conducted by ANFT.

Part of the training for holding council is how to control your emotions. It's called omni-partiality, treating everyone's experiences with the same amount of respect. Shared experiences and mutual respect is the foundation of relationship building, in my opinion. A lot of our relationships can be so superficial and it can be hard to go beyond that, but forest therapy allows people to have shared experiences and it also allows for that deeper connection.

Forest therapy is also my way of working toward ecological awareness, doing my part to help people become more aware of nature so that they will protect it. I want to be part of the solution as opposed to the problem.

BS: What is the ANFT?

CS: It's the Association of Nature and Forest Therapy, based in California, started by Amos Clifford. It was founded in 2012. Amos combined the Japanese *shinrin-yoku* practice with his experience in wilderness guiding, Zen and other types of therapy. The mission of the ANFT is to bring nature into health and wellness and offer a way for people to come into an authentic connection with nature.

I just finished my certification with ANFT. They have certification programs all over the world, and they are similar to an immersive yoga training program. The programs are very rigorous, and are led by certified guide-trainers who have also gone through the program, often led by Amos himself. He's working on a book right now about forest therapy.

Forest therapy is also my way of working toward ecological awareness, doing my part to help people become more aware of nature so that they will protect it. I want to be part of the solution as opposed to the problem.

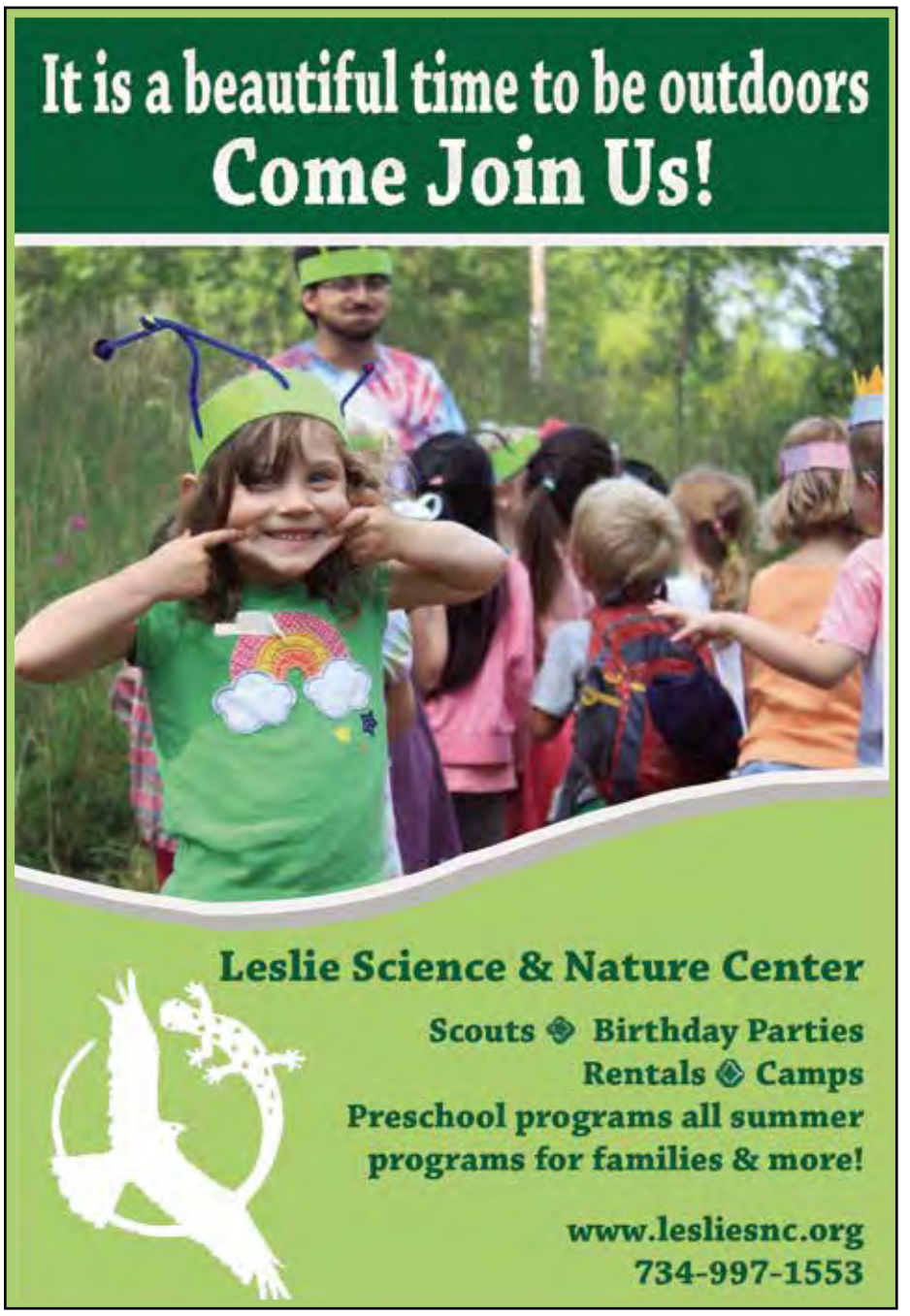
BS: What is an invitation?

CS: Forest therapy guides use invitations as part of the structure of the walk. They are prompts whose purpose is to give you a framework within which your experience can grow. That's why people are encouraged to modify invitations as needed, so an example of an invitation I might offer could be "meet a tree." "Go out, find a tree that interests you and introduce yourself and see what happens." So it's open-ended because I'm not telling you what type of experience you're supposed to have. You may find that you're exploring the tree with all of your senses and that's something you've never done before, and that becomes deeply profound. Or you may notice things about the tree that you've never noticed before because no one's given you permission to stay with one tree for ten minutes. It's about awakening all your senses to the experience of the world you live in.

Invitations are part of a standard sequence of events in forest therapy that gets you into a liminal space, opens up your senses so that you can experience the more-than-human world. There's a whole database of invitations (from the ANFT) and we also create our own.

You start noticing beautiful things that you've been missing, no matter how small, and I think that's a really good part of the ecological awareness that comes with forest therapy, greater awareness of each other and so on.

The tea ceremony, like the invitations and council, is a key element of forest therapy. It is a gentle way to transition back into everyday life from the contemplative mental state participants enter on the walk.



BS: What is the story behind the tea ceremony?

CS: The ANFT mentors sometimes say that the tea ceremony is a threshold that you cross when you come back from the walk. When you go out into the woods in forest therapy, you do an invitation about awakening the senses which is meant to move you into something called liminal space, a state of timelessness where you lose track of time. It's similar to when you are doing something you love, a frame of mind that I've heard people call "flow." In this state, you're able to just be in the present moment. This can also happen for some people in meditation. That liminal state is very calming to your nervous system and it can be very healing. When you have the tea ceremony at the end, it's a way of bringing you out of liminality and back into relationship with other people because you can't stay in a liminal state forever, it's just not practical.

BS: Is there a connection between teaching art and forest therapy?

CS: I think it's actually the facilitation piece. The part about teaching that I love the most is being able to facilitate growth and change and discovery in my students. I feel I'm in the same role as a forest therapy guide: I feel I can facilitate personal growth, even though as a forest therapy guide, all I really do is hold open the door, and the forest does the rest. And that's an important tenet of the ANFT's program, that we don't decide what kind of experience a person should have, we only create a space in which whatever needs to happen can happen. Which is similar to being an art teacher, similar to my method of teaching art, as a way of exploring the world. It's gratifying to be doing something positive because there is so much that is beyond my control and that can get discouraging, but I really try to remember that any little thing I can do is better than doing nothing.

Cayla Samano

Photo by Becky Rowe

Cayla Samano can be reached at csamano83@gmail.com. Her forest therapy website, www.a2shinrinyoku.com, has more information about upcoming forest therapy walks and how to participate.

Weekend Getaways

A WOMAN'S SANCTUARY~
The Weber Retreat and Conference Center

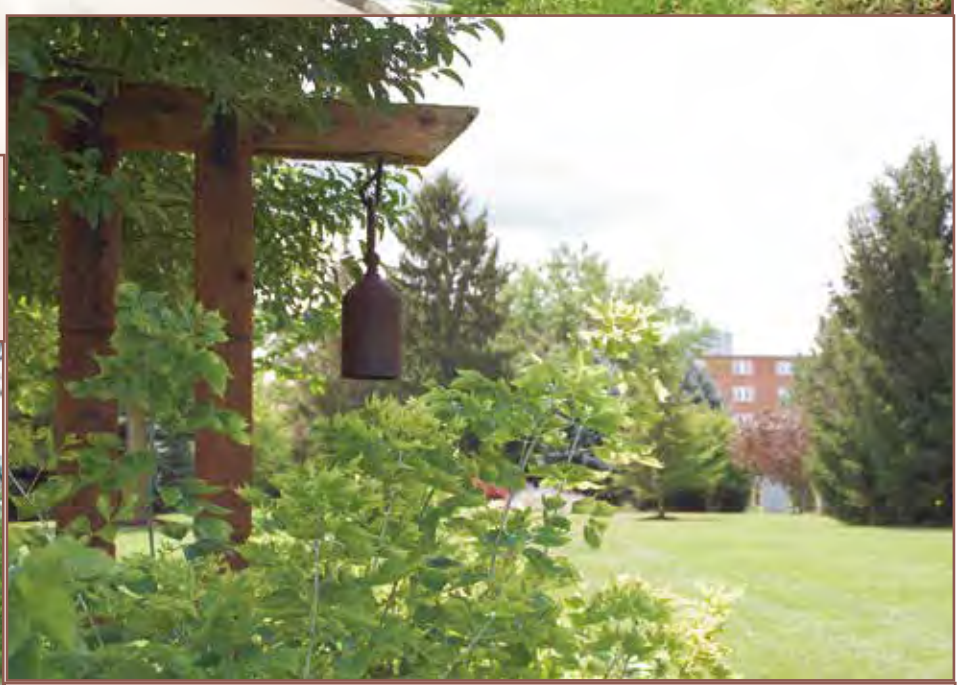
by Petula Brown

In an era when political empowerment, economic equity, and movements like #MeToo seem to dominate the national landscape of female consciousness, the Weber Retreat and Conference Center, located in Adrian, Michigan on the campus of the Adrian Dominican Sisters, offers a nearby respite.

Dedicated by the Adrian Dominican Sisters as Weber Hall in 1968 to replace the former novitiate training facility, the site was remodeled in 2008 and transformed into a sanctuary supporting physical, emotional, and spiritual renewal for persons of all faiths. Described as the "public face of the Dominican Sisters" by Director Sister Janet Doyle, OP, Weber's focus is hospitality to give guests an opportunity to escape daily travails and have a restorative experience.

Dedicated by the Adrian Dominican Sisters as Weber Hall in 1968 to replace the former novitiate training facility, the site was remodeled in 2008 and transformed into a sanctuary supporting physical, emotional, and spiritual renewal for persons of all faiths.

Additionally, the campus has two areas dedicated for outdoor meditation. The Labyrinth facilitates walking as a spiritual activity while the Circle Garden is an ever-changing location where visitors can reflect and renew.



In addition to facilities dedicated to reflective endeavors, Weber also provides interested visitors spiritual guidance from spiritual directors from a variety of faiths. The intent is not to provide counseling or therapy. It is an opportunity for visitors to support their spiritual development in an intimate setting.

From a distance, Weber could be mistaken for a hotel. (Its size is reminiscent of accommodations found near major airports.) There are conference room facilities, an exercise room, and a gift shop, but don't expect room service or in-room movie selections. Televisions are found in lounge areas, and communal meals (for those who choose to dine at Weber) are provided to guests.

Those distinctions, along with the warm hospitality and casual demeanor of the Center staff, make Weber seem more akin to a bed and breakfast. Yet its size affords Weber the ability to provide a variety of opportunities for education and reflection not available at most B&Bs. As a facility, one of its most unique elements is the art that adorns the Center. Sculptures, paintings, textiles, and other works created by Dominican Sisters establish a spiritual tone that reinforces a sense of calm not likely to be experienced at hotels or B&Bs.

For a solitary experience, there are options for day visitors as well as overnight guests. While single rooms provide a comfortable place for prayer or meditation, all visitors can find quiet spaces throughout the property that support reflective activities.

Built in 1905, the Holy Rosary Chapel reminded me of Sunday mass at New York City's St. John the Divine during my childhood. The elegant yet intimate locale for individual prayer and reflection honors the Catholic roots of the Dominican Sisters.

A different approach toward art and introspection can be experienced at INAI: A Space Apart. As a gallery that highlights the various artistic gifts of Dominican Sisters, the modern architecture and comfortable seating areas provide an alternative sacred space for meditative pursuits.

In addition to facilities dedicated to reflective endeavors, Weber also provides interested visitors spiritual guidance from spiritual directors from a variety of faiths. The intent is not to provide counseling or therapy. It is an opportunity for visitors to support their spiritual development in an intimate setting.

Neither austere nor luxurious, the Center is comforting as well as comfortable. While many guests are women of a certain age, Weber's facilities and programs can be beneficial and are open to visitors of all ages and genders.

The Center's willingness to host programs of other non-profit organizations further enriches Weber's role as an institution where individuals and groups can gain knowledge and resources as well as respite.

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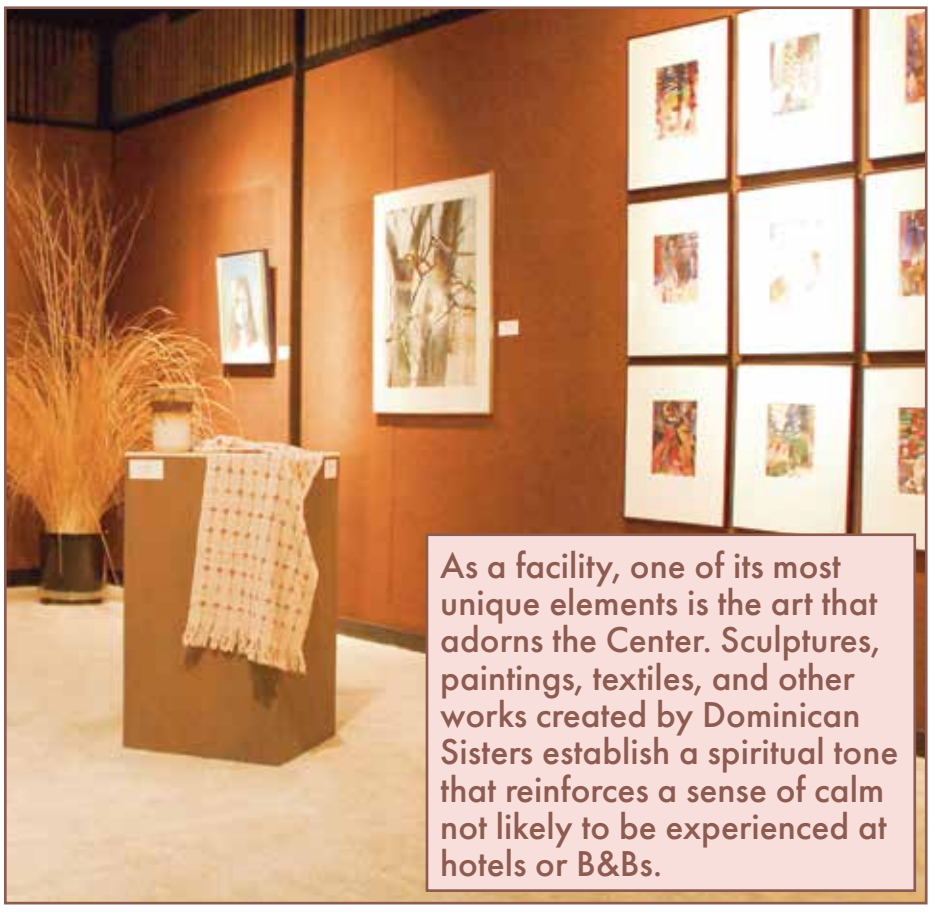
While the tranquil setting is well suited for solo guests, conference facilities provide opportunities to attend scheduled public programs or host private functions. My visit coincided with the Center's monthly Day of Mindfulness program and incorporated mantras, songs, mindfulness practice, poetry, and prayer. Watching the group in awareness meditation, I imagined that the experience was unique for each person, but collective activities such as the group luncheon allowed for conversation and sharing that added richness and depth to the overall experience. The Center's willingness to host programs of other non-profit organizations further enriches Weber's role as an institution where individuals and groups can gain knowledge and resources as well as respite.



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As a resource available throughout the year, Weber's campus is designed to accommodate all seasons. Visiting Weber in the midst of a Michigan winter, I particularly appreciated the availability of underground tunnels to traverse various areas of the campus. During snowstorms or below zero temperatures, they can help guests beat the winter blues by minimizing social isolation and encouraging physical activity.

In warmer weather, visitors have several outdoor options. Decks throughout the Center provide guests relaxing areas to embrace the landscape. Persons interested in exploring that landscape can access over 100 acres of woodland. Additionally, the campus has two areas dedicated for outdoor meditation. The Labyrinth facilitates walking as a spiritual activity while the Circle Garden is an ever-changing location where visitors can reflect and renew.

As a somewhat non-religious person, I appreciated how Weber's Catholic foundation guides the educational and environmental setting with a soft glove. Neither austere nor luxurious, the Center is comforting as well as comfortable. While many guests are women of a certain age, Weber's facilities and programs can be beneficial and are open to visitors of all ages and genders.

Reflecting on my visit during the hour drive back to Ann Arbor, I considered the good fortune of having a nearby institution dedicated to a multi-faceted approach toward wellness while feeling a world apart from daily life.

For more information, visit weber.adriandominicans.org or email Sister Janet Doyle at jdoyle@adriandominicans.org.

Green Living

A Barefoot Approach to Wellness

by Kirsten Mowrey

Hello, Spring! Hello sunny days, birds singing, flowers blooming, and green, green, green! Hello to light layers, wind on our skin, warmth in the air, and soft soil underfoot. Our planet is full of awakening and liveliness.

Anticipating long, warm summer days, outdoor festivals, and sports on grass makes me wonder: when was the last time you felt the earth under your feet? I don't mean energetically or as part of a visualization; I mean the last time you took off your shoes and walked barefoot on the soil, sand, stone, or grass? When you allowed your tender, winter feet to develop the tough callouses that enable you walk barefoot everywhere? My first steps in spring are often mincing; the ground is cold and my feet are tender. I love feeling as the soft soil gives under my feet. I meditate outside on summer mornings, feeling my feet push down into the earth, keeping me upright. Once it's warm enough, I'll garden barefoot unless I need to dig with a shovel. I'm consistently amazed at how sensitive my feet are, even after they've calloused-up with summer sandals and flip flops – blades of grass brush against my ankles, tickling; small pebbles feel like boulders under my feet. I feel calmer after an hour or two barefoot in the garden.

I meditate outside on summer mornings, feeling my feet push down into the earth, keeping me upright. Once it's warm enough, I'll garden barefoot unless I need to dig with a shovel.

I always thought that sense of peace was due to being outdoors, but it turns out this may only be the tip of the iceberg. In a link to a Facebook post on the practice of "earthing," my attention was caught by the claim of scientific backing. I turned to Pub Med, the public database of science journals hosted by the National Institutes of Health (NIH), to track down the truth. I found 15 citations for earthing, with studies citing improvements in mood, immune system markers, blood viscosity, kidney chemistry, inflammation, and recovery after exercise.

Earthing predicates its ideas on pre-industrial human history and is based on the premise that humans have lived for millennia with their bodies connected to the earth, either by walking barefoot or covering their feet with animals' skins. As the earth and human bodies are both electrical conductors, there is an exchange of electrical energy between them. Free electrons on the earth's surface enter our bodies and create electrical equilibrium; this helps stabilize the electrical environment within the body and contributes to the immune system. In the 1960's, rubber and plastic replaced leather as the typical shoe sole material. Both materials insulate rather than conduct, essentially disconnecting us from the earth's surface.

> "Electrostatics is the branch of physics that teaches that when two conductive objects with different electrical potential touch each other, there is a virtually instantaneous transfer of charge so that the two objects equilibrate to the same electrical potential. The human body is a conductor of electricity and so is the earth. "Grounded" or "earthed" means that our bodies are conductively coupled or electrically coupled with the surface of the earth and its abundant supply of electrons. This is a natural condition in which earth's free or mobile electrons spread over and into our bodies, stabilizing our internal electrical environment." (Oschman, Chevalier, and Ober 2015. 432.)

According to author Susan Ebert, the founder of Organic Gardening magazine, Bob Rodale, told her on her first day of work: "For people to love the Earth, they must first touch it." To be in our place, to be connected to our earth, is as much electrical and magnetic as it is familial and historic.

Being barefoot isn't merely part of holistic health and environmental consciousness; it's also the latest frontier in fitness and core strength.

Being barefoot isn't merely part of holistic health and environmental consciousness; it's also the latest frontier in fitness and core strength. Similar to my barefoot gardening, working out barefoot connects our bodies, minds, and hearts in ways that benefit us well beyond the gym or the backyard.

Debbie Smith teaches "willPower and Grace®" at Ypsi Studio, a brick-walled urban fitness destination located on Michigan Avenue in downtown Ypsilanti. The willPower Method®, a fusion of Pilates, yoga, and cardio in a fitness class, calls itself "bodyweight barefoot conditioning." Debbie, a fitness instructor for decades, wrote via email:

> "Really, willPower stumbled on to me. I was in NYC taking an indoor cycling certification from an instructor who invited me to stay for her next class, willPower and Grace. I asked what I needed to participate and she said nothing – just yourself and be barefoot. I remember thinking "how intense can this be?" as I peeled off my supportive sneakers. I was in for a life changing surprise. The class started with footwork to strengthen the feet, moved into warm-up strengthening the inner ear, then into cardio with moves I was more familiar with in traditional fitness but with one big difference – landing without a sound as I moved. The concept of moving through space with control as I landed each time was different to experience in a class setting."

More than a new workout, Debbie gained freedom from pain. "willPower has changed my thoughts about being barefoot. Suffering from plantar fasciitis, I always had to wear something on my feet, particularly after sleeping, so the mere fact that I can actually be barefoot and not feel that sharp pain is a big plus." Convincing others wasn't difficult, and soon Debbie and Julia Collins, owner of Ypsi Studio, were both certified. Ypsi Studio now has three instructors and three classes weekly to strengthen and tone feet and bodies.

TruFitness, west of Ann Arbor, offers a different take on the barefoot workout: weights. Located on Metty Drive off of Jackson Road, TruFitness looks like a typical gym: treadmill, TRX pulls, free weights, kettle bells, weight bench, but all the workouts are done barefoot as part of the Balanced Athlete® protocol. I observed John Miller, one of the owners and a veteran of the fitness industry, lead a Life in Motion class with beginners. The class was focused on developing that workout staple, the burpee, with attention to form, particularly where the feet are at all times. John talked the class through the components, with personal corrections and demonstrations using a dowel to talk about head posture, spinal alignment, and weight distribution. Everyone was barefoot or in socks on a sticky foam pad divided into zones, visibly concentrating on their form and using the correct muscles to do push-ups, squats, and arm raises. "Pay attention to what you feel," John exhorted them. "Get the spark of movement in the right muscle and build from there."

"We build from the ground up. We get people connected with self. There is a spirituality to that."

John spent 18 years building his skills before opening TruFitness with his wife, Tina, six years ago. They were impressed with Balanced Athletes' methodology. "I see a lot of good come out of it," John said. "For clients, everything changes, not just strength. They don't hurt anymore; it's impactful in ways beyond exercise." When I asked him about doing weights barefoot, he said they teach clients "mindfulness with weights," and stressed that it "comes down to the feet. You can't get core strength without the feet. We build from the ground up. We get people connected with self. There is a spirituality to that."

In today's technology-oriented world, we spend much of our life indoors, disconnected from the earth, out of necessity. Classes like the ones featured in this article are a great way to reconnect to yourself and the world around you. But keep in mind that with its vast array of lakes, streams, and forests, southeast Michigan has a special charge and conductivity found nowhere else. I encourage you to get outside and spend some time earthing this spring. Kick off those shoes, sink your feet into the cool earth, feel the grass between your toes, and enjoy the connection of your body to the earth with all your senses, from the bottom up.

For more information on barefoot classes, check out Ypsi Studio at ypsistudio.com, or TruFitness at www.tru-fitness.com.

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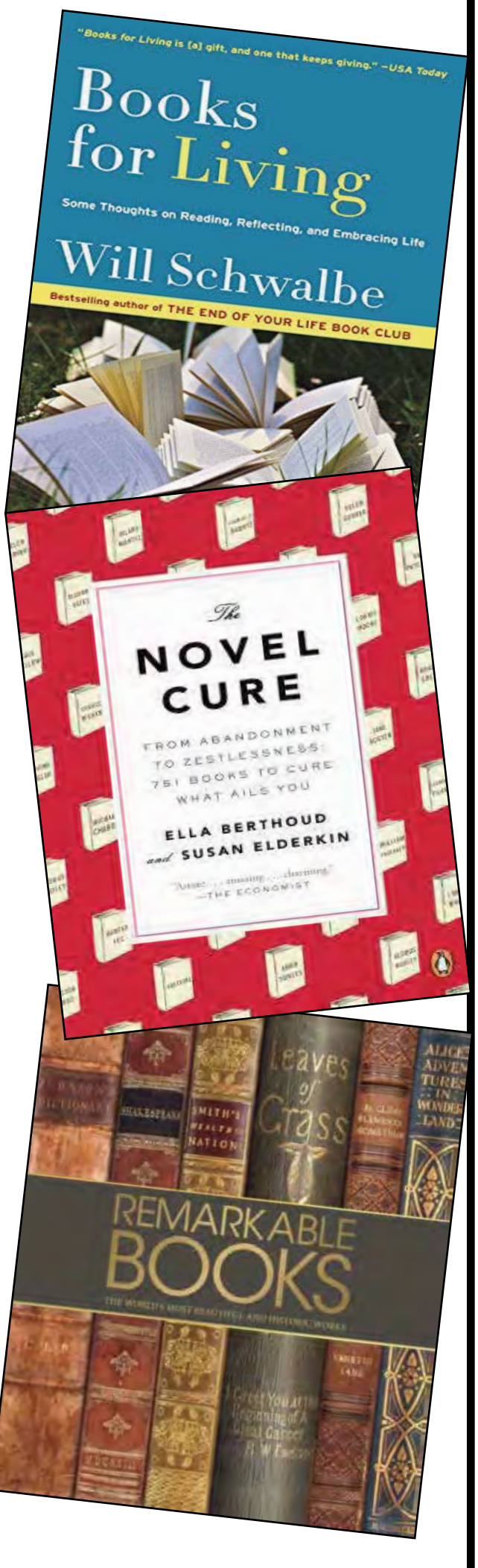

"One benefit of summer was that each day we had more light to read by"
- Jeanette Walls — *The Glass Castle: A Memoir*

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Sustainable Health

Adventure, Achievement, and Exercise

By Gaia Kile

The best exercise you can do is the exercise you love. There is something sustainable about tying our exercise to our passions. Although I enjoy running for exercise, I love to bike!

When my two boys were very young, I came up with the idea of biking north to south across the United States. It was good to have a long-term plan for a major family adventure. I believe in the inspirational power of adventure.

"The best exercise you can do is the exercise you love."

As health professionals, my partner and I value exercise and try to exercise regularly. But we really weren't an athletic family. Other than a season or two of Little League, my sons have not participated in sports. And other than occasionally dragging our boys on a walk or a hike, we have counted on their downtown walking to friends' houses lifestyle as a way for them to get their exercise. I hoped that our bike trip together might inspire them to be more active and give them a sense of achievement.

The summer before our big ride, we started planning in earnest. We went on a three-day ride, following the start of the route we would eventually take. In the fall, we began meeting weekly to plan our adventure. We studied maps, contemplated routes, and read bike blogs together. In the middle of winter, we started training, first on stationary bikes at the Y, then when the weather allowed, we rode outside. Slowly we increased our miles on weekend rides, until we were riding about 40 miles every weekend. We bought new bikes, and we accumulated more equipment than we needed.

Not knowing what lies ahead is part of what makes an adventure. Our adventure had many chapters and also many challenges. We began in northern Ohio. Originally, we had planned to take a ferry from Canada to Sandusky to start the trip, but the ferry was on dry dock when the time came for us to depart. So, instead, we drove to northern Ohio, where we faced fierce headwinds. In southwest Ohio we discovered a network of lovely bike trails that claim to be the largest network of paved bike trails in the U.S.

"Develop a vision of physical achievement, pursue a dream, no matter how small, and let it be an adventure."

Kentucky brought on our first mountains, but those first days in Ohio had prepared us for the climbs. Unfortunately, on a downhill in Kentucky, one of my boys took a spill. The day after the fall, he managed to climb one of the tallest mountains of the journey, but after doing so, he began having knee pain, which resulted in a three-day break on the Tennessee border. With lots of ice and Motrin, his pain and swelling went down, and an x-ray showed no apparent bone damage. His knee was not 100 percent, but each day it got a little better.

Adventure is not without risk. This accident could have been much worse. We mostly stayed on roads less traveled, or roads with wide shoulders, but some roads we took were narrow shouldered with plenty of traffic. As a parent I worried plenty, but I believe there is risk in avoiding adventure, and there is certainly risk in not exercising.

"Not knowing what lies ahead is part of what makes an adventure..."

While there are several bike routes across the country that are well mapped and frequented, our route was less well traveled. Although we planned our routes with a variety of resources, Google maps has a bike routing feature that was quite helpful. Only once did Google maps take us down a gravel road, but we diligently followed it, then another gravel road, then the road ended, but we trespassed onward, eventually jumping in and wading across an eight-foot-wide river. And further up a trail until back onto the road. As my boys said, this was "so Oregon Trail."

In southern Georgia and Florida, the terrain became flattened a bit, and the weather grew hotter, but we had acclimated. One day along the Florida coast, we had our longest day, biking a centennial ride, precisely 100 miles. Including rest days, it took us five weeks to reach our final destination, Fort Lauderdale.

One day, it dawned on me that I was an athlete. There are people who bike further and faster, but this ride was an achievement. I never thought of myself as an athlete before. Now, pursuing my dream, exercising in a way that I am passionate about, creating an adventure for my sons, I found myself at an uncommon level of activity. I had discovered my inner athlete. Seeing myself as an athlete changed my view of things. I had conceived of the trip as a once in a lifetime, but I came home with other dreams, biking across the country east to west, or biking across Europe.

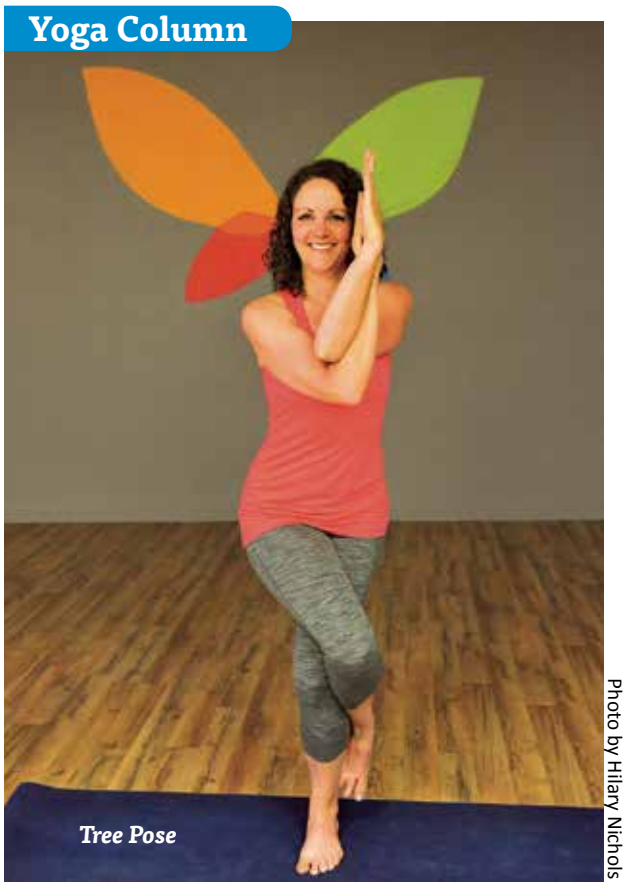
Develop a vision of physical achievement, pursue a dream, no matter how small, and let it be an adventure. Find your inner athlete. It's a great way to exercise.

Gaia Kile is a Family Nurse Practitioner with a practice in Ann Arbor. He is dedicated to holistic patient-centered care grounded in science-based information and the individuality of each patient. Depending on a patient's needs he will: encourage lifestyle modification; provide emotional support; use mind-body therapies; engage energy healing; recommend herbs and nutritional supplements; and prescribe hormones and conventional medications.

Yoga Column

Namaste, Katie…

Whether you're a seasoned yogi or getting ready to roll out your mat for the first time, here you'll find a variety of useful tips from local yoga instructor Katie Hoener.



Tree Pose

Photo by Hilary Nichols

Namaste, Katie —

After I injured myself this winter, my doctor recommended that I work on my balance. I am hoping that I can do this through my yoga practice. My concern is, balance poses look acrobatic, and I worry that I could injure myself further. Any suggestions?

Dennis, Ann Arbor

Dear Dennis,

Yes, balance poses can appear challenging, and at times they are. Balance is also one of the most important things that we can work on for our long-term health. Balance is part of nearly every activity we do, and developing your ability can prevent falls and injury.

Yoga offers a safe space to work on building your sense of balance. The next time you go to your studio, let your instructor know that this is something you would like to focus on. Yoga offers multiple levels to work on balance. There are even postures of balance that start on hands and knees.

Most recognizable balance postures are standing, and a great posture to start with is Vriksasana, Tree Pose. You can move into it incrementally, so that you can find that "just-right" space to work on balance in a safe way. To move into Tree Pose, ground both feet firmly into the floor, keeping the knees soft (we want to avoid locking the joints). Engage the gluteus muscles around the hip so that the hip is strong and secure. Slowly begin to peel the right foot off the floor seeing how the shift in the balance feels.

Most recognizable balance postures are standing, and a great posture to start with is Vriksasana, Tree Pose. You can move into it incrementally, so that you can find that "just-right" space to work on balance in a safe way.

If needed, keep the toes on the ground and breathe in this space. With the toes on the ground, rotate the knee away from the body to whatever degree feels good. Hands can find the hips or heart center, or float overhead. When it feels like a good time to advance our Vriksasana, perhaps the whole foot floats off the mat and finds the inside of the calf or thigh. Avoid placing the foot on the knee as we want to keep the joints safe.

The great thing about balance is that it can be practiced anywhere! While brushing our teeth, in line at the grocery store (we can use the cart to support the movement). Even taking a few minutes to breathe in a balance posture each day can improve our ability to feel comfortable in the moment. Feel better, and balanced!

Namaste, Katie —

At our daughter's preschool, they do yoga several times a week, and she loves it! She tells us the names and makes animal noises with the poses, and we do them together as a family regularly. One that we are confused by is not a posture, it is Bee Breathing. She covers her eyes, giggles, and buzzes like a bee. We love it, and, naturally, would like to know more!

Jessica and Darren, Dexter

Dear Jessica and Darren,

This is so exciting! One of my dear friend's little guy is learning yoga at age two, and I am so glad that your daughter is learning pranayama practices. Bhramari Breath, Bee Breath, is a wonderful breath practice that assists with immunity, mental clarity, agitation, and anxiety. It is a practice for soothing people of all ages, and I can see how it would speak to children.

To practice Bhramari Breath, close your eyes and breathe in and out through the nostrils. Place your hands gently over your eyes with your thumbs over your ears. When ready, also plug your ears. Take a nice long inhale, close off the ears, and with the exhale, make a humming sound. Internally, you will hear that buzzing sound, like that of the bee.

Bee Breath Face

Bhramari Breath, Bee Breath, is a wonderful breath practice that assists with immunity, mental clarity, agitation, and anxiety. It is a practice for soothing people of all ages, and I can see how it would speak to children.

This breath and humming sound is an excellent way to quiet the mind. Quick tip, if on the first time you try this practice you laugh like your daughter, it is okay. This is not something that adults normally do. If you want to step out of your comfort zone, my guess is, you will enjoy it!

Namaste, Katie —

Please help me settle a bet with my better half! We are involved in a plank challenge (I have no idea how this started) and she tells me that my planks need to be straight armed, which is how she often holds it in yoga class. At my gym, the challenge is with forearms on the ground, fingers interlaced. Who's right?!

Ivan (and Lisa), Ann Arbor

Dear Ivan and Lisa,

I *love* a good bet, and I am sorry to say, you are both right, and you are BOTH winners. Phalakasana (High Plank) with arms extended is often used in yoga classes as a transition into Chaturanga Dandasana (Four-Limbed Staff), though holds can be beneficial to find form and strengthen the body. Forearm plank is often used as a transition into Dolphin Pose.

Some people find one set-up more challenging, and it often has more to do with body structure than it does strength. Both postures are challenging and use major muscles groups: core, back, glutes, quad, hamstrings, and, of course, shoulders and arms. There are very few poses that give you more bang for your buck than a plank, whether you are on your forearms or palms of the hands.

Either way that you choose, alignment is important to prevent injury. Check that the spine is long and doesn't dip toward the floor or push up toward the sky. The shoulder blades should move down the back rather than toward the ears. Lift up through the shoulders rather than sinking onto them. See if you can feel a line of energy from the crown of the head through the heels and keep that line strong, rather than letting it droop. Whether you are on the palms of the hands or your forearms, keep that core engaged, and best of luck in the challenge.

There are very few poses that give you more bang for your buck than a plank, whether you are on your forearms or palms of the hands.

Forearm Plank

Straight Arm Plank

Katie Hoener is an RYT 500, receiving her 200 and 500 hour trainings. She is also a Licensed Master Social Worker. She is a partner at Verapose Yoga in Dexter (www.veraposeyoga.com). Please send in your own yoga questions to Katie@veraposeyoga.com.

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1 Backstage With Local Playwright A. M. Dean

As a writer, I have published everything from magazine articles to short stories to a rock song (lyrics only). One written form that I have not truly taken on is playwriting. Plays are a whole different craft, and I was recently lucky enough to speak with Ypsilanti playwright A. M. Dean and discuss his career in the world of the theater.

Dean originally hails from West Michigan. "I grew up in Whitehall, Michigan, a resort town on Lake Michigan," he told me. He earned a bachelors degree in Theater from Michigan State University before moving to Chicago.

When asked why he wanted to highlight the early 21st century, he replied, "The 2000's opened the door for the lowest common denominator to become the cultural norm. The mover of the zeitgeist."

"I was cutting my teeth in Chicago," he said. "It is the best incubator for experimental theater in the U.S., maybe the world. I was an actor, writer, and musician there as well as the Literary Manager for The Ruckus Theater Company for a time."

How did he get into writing? "I've always wanted to write. I'm a big reader," he answered. "When I was a kid, I didn't have the patience to sit and write a story so that's how I started acting. Long hours of study in college and lots of reading time got me to settle down and write, so writing and acting converged and I started writing plays and screenplays." Being an experienced actor, Dean is at an advantage in writing plays, saying, "I try to write parts I would want to play."

As he is also a accomplished musician ("I started playing percussion in 5th grade with the school music program"), Dean has also written musicals. I saw a workshop performance of one more recent production entitled *Dispatches from the Dumb Decade,* a wonderful (at times frightening) nostalgia trip for those in our mid-30s. In which Dean not only wrote the script, the lyrics, and the music but also performed both as musician and actor — a true Renaissance man!

"When I write a musical, I come up with a concept and then tool around with song ideas that represent the specifics of the whole idea of the thing," he shared with me, "then I figure out whose point of view the song is coming from and from there I get the characters, and then from the character relationships I get the plot."

When asked why he wanted to highlight the early 21st century, he replied, "The 2000's opened the door for the lowest common denominator to become the cultural norm. The mover of the zeitgeist." Given that this was a workshop performance and thus not finalized, he added, "In the next draft I want to better draw the threads that lead to our current socio-political-cultural clusterf**k; brutality, stupidity, umbrage, bad taste."

Theater isn't Dean's only medium. "I write fiction, too, have a long unpublished novel I'd like to restart again," he said. "But writing for the stage and music has been really satisfying."

Dean is a founding member of Ypsilanti's Neighborhood Theatre Group (NTG) as well as drummer and vocalist for the NTG House Band. Keep an eye on NTG for future A. M. Dean productions.

Learn more about A. M. Dean and NTG at ntgypsi.org or email neighborhoodtheatregroup@gmail.com.

Kerry Malik Crafts Works of Heart

2

The first thing that drew my eye was the ocean blues of the shining opal, my birthstone. It was set into a smooth, earthy brown frame with curves and circles, creating a unique and beautiful pendant like I had never seen before. Was this wood? No. It was a walnut!

Kerry Malik, the artist behind Treasured Heartwork, crafts her pendants from semi-precious stones, knob cones "the world's densest pinecone," and walnuts. I recently spoke with her about her unique and beautiful jewelry.

"My Grandma has a walnut tree in her backyard so I've got materials in abundance," she shared with me. "Every time I visit her we spend a little time outside collecting walnuts." Turning these walnuts into pendants seemed like delicate work to me, so I asked how she processes them. "Lots of cutting, sanding, and sculpting is involved, then finally resin."

"My Grandma has a walnut tree in her backyard so I've got materials in abundance," she shared with me. "Every time I visit her we spend a little time outside collecting walnuts."

As for attaching the stones, which look seamlessly connected, "I set multiple stones in multiple walnuts and choose which ones complement each other the best. They are attached with special glue and then sealed under resin." Malik works in smaller batches of eight to twelve. "From start to finish those take about two weeks since I don't play in my workshop every day. I probably spend about an hour to an hour and a half on each pendant."

Malik has worked with "this particular medium since April of 2017," and said the learning process was mostly through trial and error. "At first I was just making pendants for my best friend Brandin and I, but then another friend wanted one, and another, until finally I decided to try a digital platform [Etsy]." She has also "been in contact with a few different mom-and-pop shops around SE Michigan. I'm working on accumulating inventory right now but expect to see my pendants in a handful of gem-and-jewel, metaphysical, and head shops in the upcoming months."

When I asked what her favorite part of the creation process is, she answered, "I appreciate each step of the process for different reasons; cutting the walnut open to be awed by the natural beauty of the inside, attaching the gold heart to the back of each pendant to represent all the love that went into creating it, watching how glassy and smooth they become with each layer of resin, just to name a few. Although," she confided, "my favorite part is definitely seeing people out and about wearing my creations! It makes my heart so happy to see other people enjoying something I made for them."

Aside from jewelry making, Malik does "crafts of all sorts; from painting, hair and makeup, flower crowns and wreaths, to sewing, woodworking, and macramé." She enjoys spending time with friends and family, saying, "I'm a firm believer that life is less about what you're doing and more about who you're experiencing it with. I'm very blessed to have such amazing people in my life."

Check out Kerry Malik's online store at treasuredheartwork.etsy.com or email her for more information at treasuredheartwork@gmail.com.

Opening Up to the Energies Around Us With Wendy Piepenburg

Local practicing psychic, clairvoyant, and medium Wendy Piepenburg started life in Southwest Michigan "in a little house nestled between three adjacent small lakes, surrounded by forest and sand dunes and wildlife." Fostered by these serene surroundings, she feels a deep connection with nature. She told me, "Growing up in nature… taught me to receive beauty, to be observant, aware, allowing, accepting, respectful of all of life." Taught by her mother, meditation and prayer were daily practices. "Both prayer and meditation hold a resonance for me."

Piepenburg's house was also "quite haunted," preparing her "to understand non-physical energy." "I slept very few nights all the way through without being woken up by energies I couldn't see but who would turn lights on and off, move things around, open doors, knock. The walls held a cellular type of memory just as the land did, and I realized I could see and feel those who had passed there."

When she was very young, her family planned a trip to visit her grandparents. She had a clear premonition that it would not be a safe trip, but they went anyway. There was an unexpected blizzard and a truck accident. Later, she overheard a conversation between her parents that made her realize, to her surprise, that they hadn't known about the danger ahead of time as she had. "I felt a bit alone at the time, but I knew even then that the information I was getting was to help my family and knew that this knowing came from someplace beyond me, a Source that was loving and protective, and giving me information to help us, and get my attention."

Piepenburg studied art at Kendall College of Art & Design (her artist father participated in Ann Arbor's Art Fair for many years) and Communications and Psychology at the University of Michigan, both of which she believes helps her in her work today as a psychic medium. "Art taught me that we are, along with all we create and express, manifestations of spirit."

What can one expect during a reading? "I'll 'see' you clairvoyantly, images of your life, feel clairsentiently feelings and beliefs you hold, as well as those around you, in the physical and non-physical."

A love for music led to several jobs in the music industry, creating numerous ties to Los Angeles, California. "Circumstances drew me west," she said. "Michigan is home for me. My family is here, my roots are here, and I'll always keep a home here. Michigan grounds me like no other place, which is important in my work." But she enjoys the West Coast and maintains a presence there as well as Michigan.

What can one expect during a reading? "I'll 'see' you clairvoyantly, images of your life, feel clairsentiently feelings and beliefs you hold, as well as those around you, in the physical and non-physical." Images can be still, in motion, or words. Relevant past life information sometimes comes through. While she can't control it, "I will acknowledge when someone steps forward from the other side, and describe them and any message, if they have one, in detail." Every reading is unique. Said Piepenburg, "It's just a kick!"

Wendy Piepenburg can be found online at www.clearpathpsychicreadings.com. Call her at 734-330-4709 or email clearpathpsychicreadings@comcast.net.

By Lynda Gronlund-Naeem

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

Chef Ji Hye Kim opened Miss Kim, a Zingerman's restaurant.

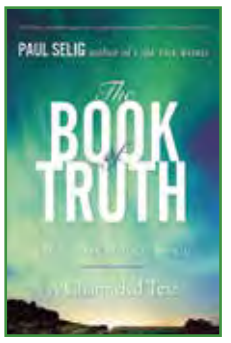
Chef Ji Hye Kim grew up in Seoul, South Korea and is obsessed with ancient Korean culinary texts and the finer points of fermentation. Despite rumors of its eponymous origin, the name Miss Kim was chosen for its reference to the most recognizable Korean last name and their restaurant's female chef-owner.

See page 35.

Miss Kim Photos by Susan Ayer

MISS KIM 주방

From August 24 through 26, Frog Holler Farm will host its 11th annual Holler Fest, a music festival on its 120-acre nature sanctuary-like property. See page 33.



Renowned spiritual channel, author, and retired academic Paul Selig will give a free talk, question and answer session, and book signing at Crazy Wisdom. See page 32.

New Offerings by Established Businesses and Practitioners

Ann Arbor acupuncturist and U-M Associate Professor in Anesthesiology and Internal Medicine Dr. Richard Harris, Ph.D., is currently working on two studies.

The first, which has already started, examines the effects of traditional versus laser acupuncture on pain in fibromyalgia patients. Harris is a principal investigator, in partnership with Vitaly Napadow, Ph.D., of Harvard Medical School and Massachusetts General Hospital. The study is funded by the National Center for Complementary and Integrative Health (NCCIH), a division of the National Institutes of Health (NIH). Patients randomly receive either laser or traditional acupuncture, having brain scans taken before and after treatment to examine whether either or both types of treatment affect brain physiology and neurotransmitter production related to pain. Harris said that previous studies have shown that traditional acupuncture has comparable effects to current drugs available for fibromyalgia, but without the side effects that drugs can bring. The results from acupuncture treatments can also be long-lasting, from months to up to a year. Harris explained that acupuncture is gaining importance in the treatment of chronic pain since it is proven to be effective, but it is more gentle and targeted than pharmacological solutions, which affect the entire body. Particularly in the face of the opioid crisis, acupuncture is being considered more seriously by Western medicine.

The second study, which has not yet started but will begin sometime in the summer or fall, is on the effects of self-administered acupressure for fatigue in ovarian cancer survivors. Harris is a co-investigator on this study, which is led by principal investigator Suzanna Zick, N.D., M.P.H., Associate Professor of Family Medicine at U-M. Fatigue is a common issue faced by women who have had ovarian cancer. Participants will be given a tablet with instructions on how to administer the acupressure. A previous similar study on fatigue in breast cancer survivors yielded improvements in fatigue, sleep, pain, and depression — all common problems post-breast cancer resolution. Researchers at the University designed an app called MeTime Acupressure for breast cancer survivors who would like to try the self-acupressure techniques for themselves. It is available for Android and Apple devices.

Patients interested in participating in either study are encouraged to visit the University of Michigan's research study portal at www.umhealthresearch.org. There, they can search all studies by keyword, such as "acupuncture." More information is also available at the U-M Chronic Pain & Fatigue Research Center website: www.med.umich.edu/painresearch/index.html. Dr. Richard Harris can be reached at reharris@med.umich.edu.

Common Good Washtenaw, formerly known as rCredits, was formed in 2015.

It is an autonomous branch of a national nonprofit organization called Common Good, whose goal is "economic empowerment on a local scale." Local organizer Cayla Samano described Common Good Washtenaw as a type of alternative currency and an alternative bank account. Common Good credits can be exchanged for U.S. dollars, and vice versa. Local businesses can choose to accept Common Good Credits via a smartphone app. Members present payment cards connected to their Common Good accounts. There are no fees for business transactions for purchasers or businesses, which can save money on credit card fees for the businesses. Funds are placed in a community escrow fund, which, as it builds, can be used to fund local projects. Projects funded are democratically decided by Common Good members. The original Common Good community in Massachusetts has funded over 20 community projects. Some ideas for future projects in Washtenaw County include solar panels, grants to other nonprofits in the community, and others. The project is gaining momentum, said Samano, and they are close to funding their first projects.

About 20 local businesses accept Common Good credits, and there are about 150 members. The People's Food Co-op was an early adopter and a big supporter. Other businesses include restaurants Silvio's Organic Ristorante, Hut-K Nutrilicious, and Pilar's Tamales; Align Divine Yoga; BMT Wellness; Liberty Pediatrics; and a variety of others. Samano said they are working to add about one new business per month to the roster.

Accepting Common Good credits is good for the community because of the ability to fund local projects, but Common Good is also making sure to give back to businesses with promotion, advertisement, and potentially a future business expo. They are also hosting a series of workshops on "Understanding Money" with Adam Konner, helping people understand how modern banking works (and how alternatives like Common Good can be helpful for everyone).

Cayla Samano can be reached at cayla@commongoodmi.org.

Continued on page 32

Continued from page 31

Energy healer Tammy Braswell has been developing her channeling abilities and is now offering public and private workshops, Internet-based workshops, and audio and video recordings to share her connection with "AllThatIs" — which she described as "the higher divine, universal wisdom consciousness, the source, the universe, whatever you want to call it."

Her friend and business partner, intuitive coach and spiritual teacher Kevin Young, is helping her bring these workshops to the public. She described their partnership as similar to that of Esther and Jerry Hicks; Esther channeled the entity they called Abraham, while Jerry recorded Abraham's teachings and facilitated questions from others. Young also manages the technical and business side of their offerings under the business name AllThatIs Guidance. Braswell explained that one unique aspect of her channeling is that she is conscious and aware of what is happening while she channels AllThatIs, unlike Esther Hicks and others. Braswell has been studying metaphysical and spiritual topics for over 30 years and has worked with people to help them live more purposeful, fulfilled lives through energy healing and intuitive coaching in her business Create By Vibration.

During workshops, participants can ask questions and receive responses through Braswell. She explained that people are generally looking for "confirmation, clarity, and understanding." They may have had ideas or feelings of how they should move forward in their lives but have been hesitant to follow through. The guidance of AllThatIs has helped some to confirm their own intuitive feelings and proceed with confidence.

Braswell and Young will be offering workshops approximately once monthly, on select Sundays, 1:00 p.m. to 4:00 p.m. Their May workshop will be on May 6. Location, registration, and future dates will be announced on their website: www.atiguidance.com. Tammy Braswell can be reached at tammy@atiguidance.com and (567) 343-5125. Kevin Young can be reached at kevin@atiguidance.com.

New Books by Area Authors

Dr. Betty Brown-Chappell is a Professor Emeritus from the Eastern Michigan University School of Social Work and the author of *Open Secrets: A Poor Person's Life in Higher Education*.

The book, published in 2013, is currently assigned reading at EMU in the Social Welfare Policies course. It is a memoir about Brown-Chappell's personal experiences as an African American woman born in a poor family as one of eight siblings, all of whom went on to graduate college and all of whom are achieving their own versions of success. Hers included a distinguished career in academia at several large universities. *Open Secrets* is also a sort-of guidebook, "to show the path of how one manages in a society that wasn't really meant for you," she said. For people of other backgrounds, she explained, it is "to provoke all of our thoughts about who are all of these other people who inhabit the earth with me?"

In her retirement, Brown-Chappell is working on several projects involving archiving and telling the stories of members of her own far-reaching family as well as other African Americans. One she calls "Journey to Detroit" traces her and her husband's families from slavery to current generations. Over 350 people are included, and she has created biographical sketches of as many as she can. This is difficult, she explained, because documentation of the lives of African Americans either didn't exist or was not preserved. One of her missions as a retiree, she said, is to "resurrect the achievements and life paths of other African Americans." She has archived thousands of documents, visited the graveyards of some of her enslaved ancestors, and is active online, collaborating with members of her family and others interested in the work. She recommends the book *Black Roots: A Beginner's Guide to Tracing the African American Family Tree* by Tony Burroughs to African Americans looking to trace their family histories.

She recorded an interview for Storycorps about her grandmother, Ada Mae Brown Metcalf, who was raised in a poorhouse for children whose parents could not care for them, but who herself went on to raise seven children to adulthood, one of whom became a multimillionaire. Six of her descendants graduated from the University of Michigan.

Brown-Chappell's son, Dr. Michael Jahi Chappell, has followed in his mother's footsteps as an academic and author. He published *Beginning to End Hunger: Food and the Environment in Belo Horizonte, Brazil, and Beyond* earlier this year. It details how a city in Brazil has managed to decrease hunger and malnutrition despite many obstacles. He is a Senior Research Fellow at the University of Coventry.

Betty Brown-Chappell can be reached by email at bbrownch@emich.edu.

Upcoming Events

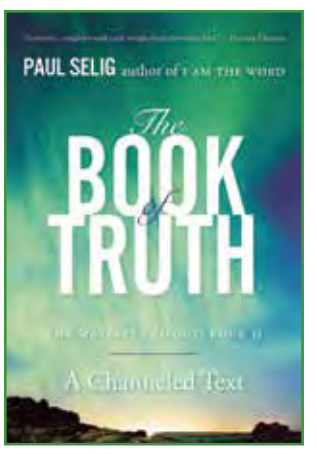
Reverend Marta Dabis, Zen priest and board-certified hospital chaplain, and Robin Kahler, trauma psychotherapist and Level 2 trained sensorimotor psychotherapist, partnered to organize a series of Neighborhood Symposiums on Healing Trauma Together.

The purpose is to bring together community members who have unhealed trauma; those who have been able to heal their trauma; clergy and chaplains who frequently are called to help people deal with trauma — practitioners of somatic psychotherapies, acupuncture, yoga, homeopathy, functional medicine, massage, and craniosacral therapy; and anyone else interested in learning more about trauma healing in the community. These symposiums are meant as a place for peer-to-peer dialogue to increase understanding of what is needed and what is available to support people suffering with trauma and their loved ones.

The first Symposium was held on January 20, 2018, and brought together 15 speakers and 45 attendees. The free event was sponsored by donations, including donations from the Zingerman's Community of Businesses. A wide variety of trauma-related topics were covered, including "Psychological and neurological effects and mindfulness-based psychotherapy," "Restoring balance to body, mind, and emotion," "How craniosacral therapy helps nervous system regulation," and "Classical homeopathy for trauma."

The second Symposium is scheduled for Saturday, May 19 from 2:00 p.m. to 7:00 p.m. at Touchstone Cohousing on the west side of Ann Arbor. There will be a new lineup of speakers and topics with some overlap, so this will be a good first-time event or continuation for attendees of the January Symposium. A third will be scheduled for August or September.

Full details and registration will be available on Meetup at www.meetup.com/Neighborhood-Symposium-on-Healing-Trauma-Together/. Marta Dabis can be reached at martadabis6@gmail.com or (248) 202-3102. Robin Kahler can be reached at robinkahler@sbcglobal.net or (734) 645-0580. More information on the symposiums is online at www.traan.org.



Renowned spiritual channel, author, and retired academic Paul Selig will give a free talk, question and answer session, and book signing at Crazy Wisdom on Friday, June 22 from 6:00 p.m. to 7:30 p.m.

He will also give a weekend workshop at the Graduate Hotel in Ann Arbor on June 23 and 24. This will be Selig's first time leading events in Ann Arbor.

Selig is the author of several channeled books, including his newest, *The Book of Truth*, published in June of 2017. It discusses practical techniques for personal growth and "aligning to a new life." He will read excerpts from the book during his free talk, and audience members will have opportunities to ask questions directly to Selig's channeled guides. Copies of the book will be available for purchase and signing.

The weekend workshop will incorporate lectures, attunement, energy work, and question and answer sessions with Selig's guides. Participants will receive individual

instruction from the guides in the areas of sending and receiving healing energies, becoming attuned to a higher frequency, developing one's abilities as an empath, achieving personal growth, and overcoming obstacles.

More information and registration for the weekend workshop is available at www.eventbrite.com/e/paul-selig-expecting-miracles-a-channeled-workshop-in-ann-arbor-mi-tickets-42162699770. Paul Selig's website is www.paulselig.com. Questions can be directed to Noah@perabogroup.com.

Steve Bhaerman, otherwise known as "Swami Beyondananda, the Cosmic Comic," is a humorist, author, and workshop leader.

He will perform in Michigan for the first time since 2014, though he was a fairly well-known Ann Arbor local in the 1970's and 1980's (the Swami character originates from here). Bhaerman has been performing and writing as the Swami for decades, and has published several books, including *Swami for Precedent: A 7-Step Plan to Heal the Body Politic and Cure Electile Dysfuncton* (2004). He also does what he calls "serious writing," including the 2009 *Spontaneous Evolution: Our Positive Future and a Way to Get There* coauthored with cellular biologist Bruce Lipton. He has a radio show called Wiki Politiki and two blogs: "Notes from the Trail," which weaves his training in political science with universal spiritual truths and, of course, humor; and "Wake Up Laughing," the stated purpose of which is to "proliferate laughter and proliferate awakening."

Bhaerman said the purpose of his comedy shows is to "provide comic relief to balance out all the serious stuff." He described his shows as "open-hearted comedy designed to bring people together [and] open hearts and minds."

Bhaerman will perform his comedy show "Defying Gravity: An Evening of Cosmic Comedy with Swami Beyondananda" at the Interfaith Center for Spiritual Growth in Ann Arbor on Sunday, May 13 at 7:00 p.m. He will perform at a fundraiser for Citizens for Peace at Unity of Livonia on Saturday May 19 at 7:00 p.m. On Sunday, May 20, he will give a talk at the 10:00 a.m. service, and an afternoon "playshop," with details to be announced.

More information is available on Steve Bhaerman's website: www.wakeuplaughing.com. He can be reached at swamib1@gmail.com. The Interfaith Center for Spiritual Growth website is www.interfaithspirit.org and Unity of Livonia's site is www.unityoflivonia.org.

From August 24 through 26, Frog Holler Farm will host its 11th annual Holler Fest, a music festival on its 120-acre nature sanctuary-like property.

The festival started in 2007 as a big party celebrating the farm's 35th year in business, but it was so popular and so much fun that the family that owns and runs the farm — Cathy King and her sons Billy, Kenny, and Edwin King — decided to make it into an annual three-day event.

Since the festival's start, the family has built three outdoor stages on the property. Another performance space is the original stone cottage Cathy King and her husband Ken King (who passed away in 2009) moved into when they bought the land and started the farm in 1972. The festival runs rain or shine, and Cathy King explained that they've been lucky so far with only brief showers when it does rain, and there are several areas to stay dry on the farm.

Around 60 artists and bands will play throughout the weekend between the 4 stages, and somewhere around 1,500 festival goers attended in 2017. Some camp on the property to attend the entire festival while others come and go. Other planned activities include yoga, nature walks, medicinal herb workshops, and a very active kids' area. Many families attend with their children to enjoy the family-friendly activities.

The Holler Kitchen prepares organic meals using produce grown right on the farm. Local vendors Silvio's Organic Pizza and Pilar's Tamales also sell food on site, and both also source ingredients locally as much as possible.

The full lineup of musicians is still in the works and will be announced on the festival's website as acts confirm, but Cathy King noted that singer/songwriter May Erlewine will play after some time away.

More information is available at www.hollerfest.com. Frog Holler Farm is located at 11811 Beech Road, Brooklyn, MI 48230. Questions can be directed to holla@hollerfest.com.

On Saturday, May 12 from 5:00 p.m. to 6:30 p.m. at Sunward Cohousing in Ann Arbor, Soto Zen priest and psychologist/psychoanalyst Dr. Diane Martin Roshi will present a public talk on "The Ego in Buddhism and Western Depth Psychology."

On Sunday, March 13 at 9:00 a.m., she will lead an event at the Lotus Center consisting of sitting and walking meditation from 9:00 to 10:00 a.m.,

Continued on page 35

THE EGO IN BUDDHISM & WESTERN DEPTH PSYCHOLOGY

Diane Martin Roshi

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Diane Martin Roshi is a Soto Zen Buddhist priest & transmitted teacher in the lineages of Dainin Katagiri & Shunryu Suzuki.
She is founder & past abbot for twenty-five years of Udumbara ("flowering of enlightenment") Zen Center in Evanston, IL.

Dr. Diane Martin is also a psychologist/psychoanalyst with 48 years of experience.

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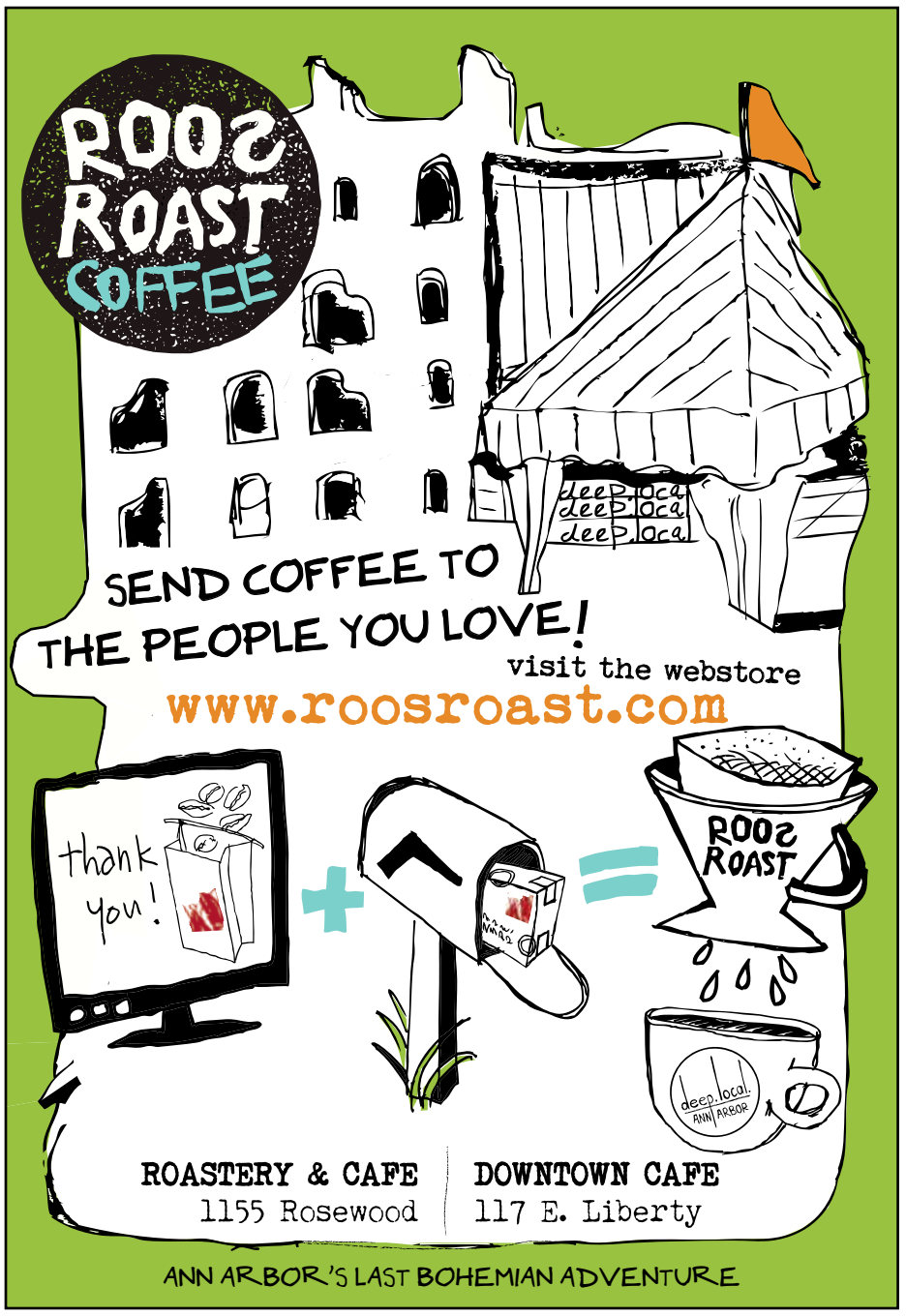

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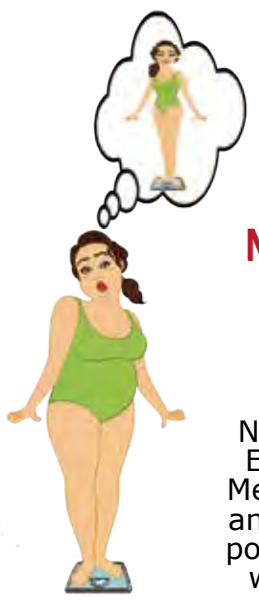

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a dharma talk on "The Genjo Koan" from 10:15 to 11:30 a.m., and a question and answer segment at 11:30 a.m. After a lunch break, Martin's student, Bob Steele, will give a talk from 1:00 to 2:00 p.m. on a topic to be announced.

Martin has held parallel careers in the Zen priesthood and psychology for 48 years and lives in a Zen hermitage in Illinois with her husband and dogs. Because of these dual areas of expertise, she is considered an expert on Buddhist psychology. She has spoken all over the country and is currently finishing a book she said has been 40 years in the making, about the wheel of life and death in Buddhism. Buddhism was originally taught visually, with the mandala concept, she explained.

She is the founder of the Udumbara Zen Center in Evanston, Illinois, which specializes in both "original" and Zen Buddhism. She was also an abbot for 25 years there. At the time she became an abbot, women were first being allowed to assume religious power in areas around the world, so there is a historic significance to her career. She has trained and ordained several woman priests in the course of her teaching. One of those women, Marta Dabis, is a hospital chaplain and leader of the JissoJi Zen meditation group in Ann Arbor, which is hosting Martin for these Ann Arbor events. Martin said she has a special love for Ann Arbor as a healing place — after her husband had a stroke several years ago they traveled here regularly for treatment from a healer. In time he regained his ability to walk and is doing well.

More details will be listed on the JissoJi Zen Meetup page www.meetup.com/JissoJi-Zen-Ann-Arbor-Meditation-Meetup/ and participants are asked to RSVP there. Marta Dabis can be reached by email at martadabis@yahoo.com or by phone at (248) 202-3102. *More information on the JissoJi meditation group is at http://jissojizen.org. The Lotus Center is located at 2711 Carpenter Road, Ann Arbor, MI 48108.*

Ever since 2011, on the first Sunday of May, the Water Hill neighborhood (near downtown Ann Arbor) has hosted a music festival on front porches and yards, inviting any and all residents to participate.

(See the cover story in the May thru August 2012 issue of the *Crazy Wisdom Journal*, available on our online archive at www.crazywisdomjournal.com). Professional and amateur musicians as well as children's groups can play, as long as each group has at least one resident of the neighborhood. The festival's website allows performers to enter their information, and performance times are pieced together to minimize interference with nearby shows. Handmade signs with band names and set times pepper the yards. Printed programs with maps are available throughout the neighborhood, and though some musicians provide chairs, many festival-goers bring their own camp chairs from yard to yard.

Founders Paul and Claire Tinkerhess work with a host of volunteers to put on the festival, which attracts somewhere around 6,000 visitors. The 2017 lineup featured over 60 performing groups, with over 200 musicians. The festival is remarkably non-commercial in nature. There are no food trucks and no information booths. It's simply a very musical neighborhood, and everyone is invited to come and enjoy homemade music.

This year's festival will take place on May 6 from 2:00 p.m. to 6:00 p.m. More information is online at www.waterhill.org. Questions can be directed to info@waterhill.org.

New Classes

Janet Greenhut, M.D., Ryan Hart, M.A., and Idelle Hammond-Sass have formed Living Well With Illness, an organization offering workshops for people with chronic illness who want to increase their self-awareness, reflect and gain perspective on the ways chronic illness has changed their lives, and improve their ability to adapt.

Their first workshop was presented on February 24 at Crazy Wisdom. The workshops are based on the work of Havi Carel, Professor of Philosophy at the University of Bristol, who studies and writes about the phenomenology of illness. Phenomenology is the study of conscious experience from the subjective or first-person point of view.

Greenhut, an Ann Arbor physician who specializes in preventative medicine, met Hart, a cancer survivor who was studying philosophy, because both had written to Havi Carel about her work, and Carel introduced them. Hammond-Sass was a friend of Greenhut's as well as an artist and facilitator of Open Studio Process, which helps people of any level of artistic ability gain clarity and healing through creating visual art. The three were interested in bringing their experiences and expertise together into something that can help people with chronic illness to "achieve a perspective shift so that they leave with a more positive acceptance of their illness and tools to help them live in the present."

The workshops combine phenomenology theory with art expression exercises, group discussion, reflections and telling one's personal story. Hart said he hopes people can "gain insight on the choice and freedom they have as to how to respond to whatever challenge they are in." Greenhut said that with so many "assumptions and expectations our society puts on sick people," she hopes to help people "put these aside and focus on their own lived experience, and … start to imagine that they can have a good life."

The next Living Well With Illness Workshop is scheduled for June 30 from 11:00 a.m. to 3:30 p.m. in the Crazy Wisdom Community Room.

More information and online registration are available at www.livingwellwithillness.net. Janet Greenhut, M.D., can be reached by email at janetgreenhut@sbcglobal.net, or by phone at (734) 302-0230.

New Practitioners and Businesses

Chef Ji Hye Kim opened Miss Kim, a Zingerman's restaurant, in 2016.

Kim grew up in Seoul, South Korea, and enjoys doing extensive research on ancient Korean cuisine. She is able to adapt those ancient recipes and dishes to work with our local produce and modern concerns. She offers many gluten-free dishes, for example.

Recently, Kim became interested in Buddhist cuisine, which, she explained, is vegan, hyper-local and very seasonal, and uses flavor profiles that are not too stimulating or hot, encouraging calmness and aiding meditation. Traditionally, Buddhist monks and nuns would forage for food very near their temples, and receive food from villagers, but were only allowed to take what was left over and would have otherwise been thrown out. This made the dishes very simple in nature. The whole vegetable was used, including things like the tops of carrots. The attitude of the cook was supposed to be that of a loving parent preparing food for her/his children, Kim explained.

Her first endeavor to bring traditional Korean Buddhist cuisine to the restaurant and the Ann Arbor community was Buddhist BiBimBob made with homemade soy sauce brine instead of the usual spicy gochujang sauce. Diners enjoyed it and several commented on how nourishing it seemed.

In May, the restaurant will be introducing several Buddhist-inspired dishes to the menu, which changes throughout the year based on what produce is in season and what local farmers have available. Some of the dishes are vegan, in keeping with the Buddhist tradition, while others are not vegan or vegetarian but still feature the vegetables as the "stars of the show" rather than as a side dish or afterthought. Some dishes will become a permanent part of the menu but will change with the seasons. There will always be some kind of lightly fried vegetable, Kim explained, but the vegetable will change depending on what is available locally.

Miss Kim will also host a special dinner on May 21 to celebrate Buddha's birthday, which is traditionally celebrated on May 22. The dinner will be completely vegan and will feature items such as vegan kimchi (which usually uses a fish sauce) and fresh tofu from scratch using Michigan-grown soybeans. Space will be limited, so diners should register online.

Miss Kim is located at 415 N 5th Ave., Ann Arbor, MI 48103. The phone number is (734) 275-0099 and the website is www.misskimannarbor.com. Ji Hye Kim can be reached at jkim@zingermans.com.

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Alana Knoppow started her business, Royal Princess Parties, in the fall of 2017.

She has been doing character parties for about three years, having worked for a company in Farmington Hills before forming her own in Ann Arbor. With her background in musical theater (she's a U-M graduate and former Glee Club member) and lover of princesses, it's a great fit for her.

Knoppow does birthday parties and other special events, mostly for girls aged three to eight. She arrives at the party dressed as the birthday child's favorite princess (her favorite is Belle from *Beauty and the Beast*). She brings a gift and a tiara for the birthday child and reads a story and sings and dances with the children. She can also do makeup and glitter face painting. As a vegan, Knoppow makes sure all the products she uses for makeup and face painting are vegan and cruelty-free. She pointed out that most of the princesses have an animal companion and are kind to animals, so that's one of the things she emphasizes to the children about being a princess.

Knoppow travels throughout Ann Arbor and surrounding areas for parties and events, and can customize her offerings to work with the vision and preferences of the event host. She loves seeing the amazed looks on the faces of the children when she walks in as the princess.

More information is available at www.royalprincesspartiesaa.com. Alana Knoppow can be reached at (734) 707-3083 or info@royalprincesspartiesannarbor.com.

Lindsey Houser completed her 200-hour Registered Yoga Teacher certification through Chela Yoga in Waterford, Michigan, in the summer of 2017 and has created Lulabelle Yoga & Meditation, offering private and group yoga and meditation training in clients' homes and workplaces.

She explained that while she had dabbled in yoga through her 20s (she is now 29), she formed a spiritual connection to it about a year ago. She credits it, in part, with saving her life. She has a rare autoimmune condition called dermatomyositis, which is a long-term inflammatory disorder causing skin rashes and muscle weakness that get progressively worse. She began suffering 13 years ago and treatment included prednisone and other drugs which wore on her body, eventually causing a fracture and osteopenia in addition to the original diagnosis. She ended up having to quit her job in Chicago and moved back home to Michigan.

Then, she found the book *The Wahls Protocol* by Dr. Terry Wahls, which helped her change her nutrition and lifestyle habits. She said she feels like she is finally healing, through diet, yoga, meditation, acupuncture, and other healthy habits. She is passionate about helping other people embrace healthy habits, which is why she decided to build her own traveling yoga and meditation teaching practice. Having been through so much, she wants to help as many people as possible prevent some of the hardships she has endured. Regardless of health problems, Houser feels that everyone needs yoga in their life to stay centered and healthy.

On Monday, May 6, Houser will lead an event called "Catch & Release," a therapeutic writing and yoga class at Crazy Wisdom. Participants will receive a small journal they can continue to use after the class. The cost is $15, cash-only.

Lindsey Houser can be reached at lulabelleyoga@gmail.com. Her website is at www.lulabelleyoga.com.

Dan Chisholm opened Think Outside the Books in Ypsilanti in the former Blockbuster Video on Ellsworth Road in late March.

The store carries new and used books, comic books, movies and music, video games, board games, local artwork, t-shirts, and collectibles. "Everything media-based you can imagine," said Chisholm. There is a whole section just for Michigan authors, a whole wall of Michigan artists, and a whole table of Michigan products (including locally made comic book cookies and Michigan-made wineglasses). The store is decorated in large murals by Michigan artists.

For Chisholm, opening a bookstore has been a lifelong dream. Several years ago, he was approached by a friend who wanted to open a comic book store and proposed combining their ideas into one. Chisholm started researching products, inventory, and everything they would need to make the store a reality, but after about six months, his friend backed out of the project. Left with lots of knowledge and some inventory but no funds, Chisholm put the store idea on hold. Last year, he received an inheritance that would make it possible for him to proceed.
Since Chisholm isn't a comic book expert himself, he hired a friend who is, Tanner Sausto, who now works at the store. He spent months talking with suppliers, ordering inventory, stocking, and setting up the store. He describes it as a place to relax and enjoy yourself, with no pressure to buy. There are beanbag chairs and a couch. Spaces for playing both video games and board games are in the works. He intends to get a regular Dungeons & Dragons game going, as well as children's book readings on Saturdays. His current project, now that the store has opened, is to contact his list of 70 Michigan authors to arrange readings and book signings. He'd like to have a Michigan author event every weekend.

Since not everything he had wanted was quite ready by the opening day on March 24, Chisholm called the opening the "Beta 1.0 Launch." He has lots of plans for the business' future.

Think Outside the Books is located at 2547 Ellsworth Road, Ypsilanti, MI 48197. A website is planned, but currently the store is on Facebook at www.facebook.com/thinkoutsidethebooks/ and on Instagram at www.instagram.com/think_outsidethebooks/. Dan Chisholm can be reached by email at thinkoutsidethebooks@gmail.com or by phone at (734) 740-2348.

Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, Michigan 48104. The firm deadline for submissions for the next issue (September through December 2018) is July 1, 2018.

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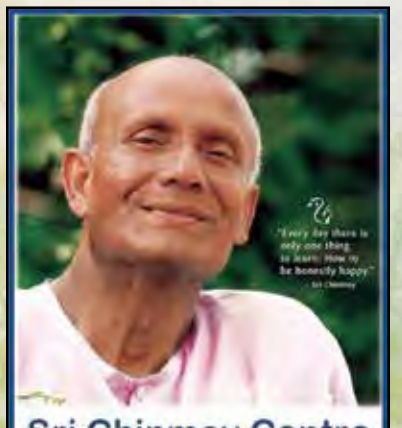

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— Namaste —

LEAPS OF FAITH

TALES OF LOCAL BUSINESSES

By Mary Stokley
Photography by Susan Ayer

This is part of a series of articles we've been doing on local business owners and their relatively newer businesses. As the economy in Michigan has struggled over many years, there are still brave souls who have taken the leap of faith to open their own businesses here. What follows are personal profiles of two businesses that are thriving despite the odds.

The Collected Collage:

Collecting Characters and Stories One Piece at a Time

The Collected Collage
Michele Longo
Kerrytown Market and Shops
407 N. 5th Avenue
Ann Arbor, MI 48104
734-662-5008; thecollectedcollage.etsy.com

Originally from Binghamton, New York, Michele Longo came to Michigan to visit a friend in 2013, and soon ended up settling in Depot Town in Ypsilanti. "It was the first time I'd ever been to Michigan and I just fell in love with this state," Longo explained. "And we took a road trip through Michigan and the U.P. and after that, I decided this was the place for me."

After graduating from New York City's Fashion Institute of Technology with a degree in Fashion Merchandising, life first took her to Philadelphia in 2007, where she lived for the next six years. During her first two years in Philadelphia, Longo was the sole employee of a small antiques shop that specialized in jewelry. "I ran their retail store as well as their eBay store, so I gained all my online selling experience there and learned a ton about antique jewelry."

Two years later, Longo opened her own Etsy store and worked for herself as well as a couple of other antiques dealers by selling at markets, shows, and online until 2012 when she became the market manager for Artists and Fleas in Brooklyn, New York. "I didn't move there, but commuted every weekend from Philly to run their market until I made the move to Ypsilanti in 2013."

Basically, if you look at almost anything you own — and I mean really look, like I'm looking at my wedding band right now — you will notice that it maybe has some scratches and dings that weren't there originally. These are the characteristics that my ring has taken on since I began wearing it a little more than a year ago. Our things take on characteristics of the lives we lead and the things we've experienced.

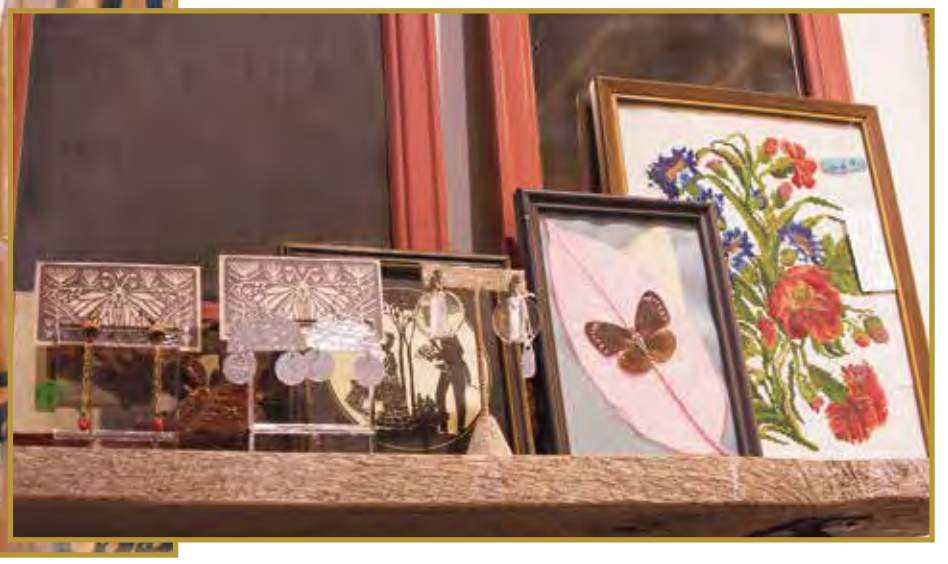
Once she settled in Depot Town, she continued to sell vintage jewelry through her Etsy store, as well as other shows and markets. "A short time after I set up as a vendor for a holiday show for the Rust Belt Market in Ferndale, I became the manager of the market." The Rust Belt is a weekend market, where you can purchase original art and local crafts, and a wedding and events venue.

Longo also took a job selling vintage jewelry at Dear Golden on the corner of Fourth and Washington streets in Ann Arbor. She worked at both locations for the next two years, then, in 2015, she opened up her own vintage jewelry shop in the Rust Belt, and she remained there until just before she opened the shop in her current location in Ann Arbor's Kerrytown Market and Shops.

Michele Longo

Longo and I discussed this idea called wabi-sabi because I had read the term in a short article ("Buy Nearby: Kerrytown Market in Ann Arbor" on buynearbymi.com) about the Collected Collage. Khalid Ibrahim, the author of that article, defined wabi-sabi as being "a Japanese concept which celebrates the wear our things accumulate." It is an aesthetic with a world-view centered on the acceptance of transience and imperfection. The wabi-sabi aesthetic would include asymmetry, roughness, simplicity, austerity, modesty, intimacy, and appreciation of the ingenuous integrity of natural objects and processes.

Basically, if you look at almost anything you own — and I mean really look, like I'm looking at my wedding band right now — you will notice that it maybe has some scratches and dings that weren't there originally. These are the characteristics that my ring has taken on since I began wearing it a little more than a year ago. Our things take on characteristics of the lives we lead and the things we've experienced. So, when you walk into a vintage jewelry or



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clothing store, you need to understand that the piece of clothing or jewelry you purchase already has experience, it's already lived a life and comes with its own set of markings (scratches, nicks, dings) that make it unique in the world and tell its own story. When you purchase it and wear it, you add your life to it.

That's kind of neat to think about, right? It makes shopping for clothing and jewelry much more interesting, and it may well cause you to shop more purposefully and be more present in the moment when considering a purchase. That is why the Collected Collage is such an incredible place. Longo has a wide variety of vintage jewelry and, for many of the pieces, she has at least a part of the story that she can share with you. There are also some selections of new and handmade items, but the majority of her inventory consists of vintage items. "Most of the items I'm surrounded by in my life have, at one time, belonged to someone else, like my mother or grandmother," Longo said. "I don't have a lot of new things because they're kind of boring."

One of the ways Longo finds her inventory is through estate sales. "I literally shop in the bedrooms of people who are no longer living, so when I choose the items that speak to me, I handle them with care and respect because I know that person did the same."

One day, Longo would like to be able to incorporate more of her own lifestyle into her business. "I study astrology, and read tarot cards and burn sage. I'm into crystals and rocks, and all of those kinds of things, and I've been working in antiques and vintage items for ten years, and I would like to bring all of those aspects into the culture of the store and see it mature."

Longo has a wide variety of vintage jewelry and, for many of the pieces, she has at least a part of the story that she can share with you. There are also some selections of new and handmade items, but the majority of her inventory consists of vintage items.

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LEAPS OF FAITH

TALES OF LOCAL BUSINESSES

By Mary Stokley
Photography by Susan Ayer

Feature continued from page 43

Twisted Things Ypsilanti:

Not Your Average Gift Shop

Twisted Things
Morgana Grimm and LeAnn Crouch
40 North Huron Street
Ypsilanti, MI 48197
(734) 335-1046; www.twistedthingsmarket.com

As you cross the threshold of this store, you may think you've walked into another average gift shop with its clothing, home décor, and bath and body products. But, as your eyes begin to take things in, you understand these gifts are anything but average.

The set of tabletop lamps that beckoned your gaze from the window outside are actually made from the bones of something which used to be alive. Or perhaps a certain piece of clothing which shimmered just so in the light, you see, upon closer examination, is a scale-like bodice made of metal. And then there's the exquisitely designed choker, yes, the one with the skull of what appears to be a small animal in the center which you didn't quite notice upon first blush.

The set of tabletop lamps that beckoned your gaze from the window outside are actually made from the bones of something which used to be alive. Or perhaps a certain piece of clothing which shimmered just so in the light, you see, upon closer examination, is a scale-like bodice made of metal.

Yes, this is definitely a different kind of place! Their website proclaims this is the "perfect place to find that unique gift for someone special or [with which] to treat yourself to something out of the ordinary. From organic body products to cosplay accessories to home décor we have it all, made by local artists in your community." Welcome to Twisted Things!

Meet Morgana Grimm and LeAnn Crouch, the crafty goddesses who birthed Twisted Things, both a gift store and incubator for artists. You see, this is not simply a gift shop, but also a space where artists can exhibit and grow their art and learn how to build their own art businesses.

Grimm explained, "We wanted to take our love of art, coupled with what we've learned over the years, and create a place where we could help other artists share their work and teach them the things we had to learn the hard way."

Grimm is the proprietress of Poking Dead Things (circa 2014), a nature-sourced jewelry business which brings the dead new life through art. Grimm specializes in jewelry, but also designs headdresses and crowns, and some home décor items. Crouch owns Twisted Willow Soap (circa 2015), a Detroit-based company which specializes in handcrafted bath and body products made from organic, fair trade, and natural ingredients.

Meet Morgana Grimm and LeAnn Crouch, the crafty goddesses who birthed Twisted Things, both a gift store and incubator for artists. You see, this is not simply a gift shop, but also a space where artists can exhibit and grow their art and learn how to build their own art businesses.

Grimm was raised a conservationist and hunter, so her art is a natural progression of how she was raised. "I'm always outside looking at something

LeAnn Crouch and Morgana Grimm

interesting. My husband has to try to keep me out of the woods and poking at something interesting, even when I have good shoes on. My mother used to tell me that if I came in from outside and I was covered in mud, she knew I'd had a good day." Her art is her way of sharing the beauty she sees in the architecture of nature.

Crouch's Twisted Willow Soap was born in a time of desperation after having had a long-time illness. "I became tired of my 'normal' job, but also became sick. My doctor told me to take all the toxins out of my food and out of my bath and body products because the skin is the body's largest organ," she said. "That made sense to me, and I thought about how we always talk about the organics of food, but at that time we weren't talking about what we put on our skin and how it was absorbed into our bodies. So, I really wanted something different, and I started Twisted Willow Soap Company."

Grimm and Crouch met and became friends through crafters events such as the Michigan Pagan Festival, Detroit Pagan Pride Day, and others, where they sold their art and promoted their businesses.

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Grimm and Crouch met and became friends through crafters events such as the Michigan Pagan Festival, Detroit Pagan Pride Day, and others, where they sold their art and promoted their businesses. Crouch explained, "We ran into each other while vending in these shows and events and started talking about the kinds of obstacles we'd run into, and we realized they were common amongst artists and crafters and often prevented them branching out from just vending to selling in stores, most often because they just don't understand how to make the transition, and don't know which questions to ask in order to learn. So, we're teaching the solutions we devised to overcome those obstacles to other artists through informal classes and presentations by professionals in specific fields such as tax laws in an attempt to make building an art business a little easier and less confusing."

These business classes are offered free to artists who have purchased a membership. Memberships run between $125/month (paid 6 months in advance and allows the artist to maintain all profits from their sales) to $200/month (which also allows the artist to maintain all profits from sales). Consignment is also offered for those who feel they can't quite afford the membership plans. "When you consider the cost, time, and energy of booking, staffing, attending, traveling, and selling your goods at these weather dependent [vendor] events," said Grimm, these plans provide the artist with a way of maximizing their time and money. Both the business classes and art classes are also offered to community members for a fee.

Crouch also shared with me, "[Grimm and I] also have very similar community minded interests. We believe in promoting community involvement, we believe in doing volunteer and non-profit work, we believe in educating and bringing people together and bringing them up to a higher level. We're both very passionate about these things, and we maintain them in the store and take them into the community as much as possible." So in addition to the space for local artists to display and sell their art, Twisted Things also offers them a way to connect with their community.

Twisted Things is a new venture for Grimm, Crouch, the resident artists, and Ypsilanti. If you haven't already found this wonderfully unique gift shop on your own, please take the time to stop by and look around. You never know, you may find exactly the gift you weren't aware you were looking for.

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Nutrition and Mental Health

How Nutrition Can Drastically Improve Your Mood

By Holly Higgins • Illustration by Caitlin Muncy

Most people are familiar with the mind-body connection — the idea that our thoughts and emotions can impact our physical bodies. But have you ever considered the *body-mind* connection? Exploding research supports the theory that our physical health can drastically impact our mental health, emotions, and moods. In other words, mental health issues are never "all in your head," and the two-way street between the brain and body should always be considered.

While everyone has unique nutritional needs, people with depression and anxiety often have similar underlying physical health issues: digestive distress, blood sugar imbalances, adrenal dysfunction, food sensitivities, and B vitamin deficiencies are the most common.

This is a personal issue for me. After a lifetime of struggling with depression and anxiety, I was diagnosed with 10 different mood disorders in my 20s, and cycled through 10 different medications to treat them. As a side effect of treatment, I gained 60 pounds, so I turned to nutrition to fix the weight issue. To my surprise, I found my "accidental miracle" — good nutrition not only helped me improve my physical health, but it completely transformed and stabilized my mental health. Now, in my clinical nutrition practice, I use a body-mind approach to help clients heal their mood by changing their food.

While everyone has unique nutritional needs, people with depression and anxiety often have similar underlying physical health issues: digestive distress, blood sugar imbalances, adrenal dysfunction, food sensitivities, and B vitamin deficiencies are the most common. Therefore, I recommend dietary strategies that improve these symptoms, and my clients' moods naturally brighten.

Below, I'm outlining my top five tips to improve your mood with nutrition:

PRIORITIZE QUALITY PROTEIN

Protein forms the building blocks of healthy neurotransmitters. Without adequate protein in your diet, it's hard for your body to make these "feel-good mood chemicals" that keep your disposition stable and bright. Protein is also an important source of B vitamins, including the mood-boosting powerhouse, vitamin B12. I recommend a 4-8 oz. portion of humanely raised animal protein with every meal. For breakfast, try 2-3 pasture-raised eggs; for lunch, a serving of organic chicken breast; and for dinner, an Italian meat sauce made with grass-fed beef. I recommend shopping at the farmers' market or Arbor Farms Market on Stadium Boulevard for high-quality proteins.

FOCUS ON HEALTHY FATS

Your brain is composed of 60 percent fat, and requires healthy dietary fat to function optimally. A mix of saturated and unsaturated fats in your diet is ideal. Choose minimally processed, unrefined options such as coconut oil, ghee, avocado oil, olive oil, and grass-fed butter. Avoid processed, industrial fats, such as vegetable oil, margarine, soybean oil, and corn oil. Consider taking a quality fish oil supplement containing EPA and DHA, which is highly supportive for brain health. For so long, we've been taught to fear fat, but in the context of a low-sugar, anti-inflammatory diet, it's incredibly healthy.

GET SERIOUS ABOUT GUT HEALTH

We've intuitively known about the gut-brain connection for a long time. Expressions like "butterflies in my stomach" and "fear in the pit of my stomach" have illustrated this for ages. But did you know that upwards of 90 percent of your body's serotonin is made in your digestive system? It turns out that "gut feelings" are very real! To boost your gut health, consume probiotic-rich, fermented foods like kombucha and raw sauerkraut. (Ann Arbor is fortunate to have two local companies providing world-class ferments — Unity Vibration and The Brinery.) Homemade bone broth and meat stock are also incredibly healing for the gut. If broths and stocks are too time-consuming for you, I recommend using grass-fed collagen or gelatin as a supplement. Stir two tablespoons of collagen into your favorite morning beverage, or make a healthy gummy treat with gelatin.

Did you know that upwards of 90 percent of your body's serotonin is made in your digestive system? It turns out that "gut feelings" are very real!

BALANCE YOUR BLOOD SUGAR

Dr. Kelly Brogan, an internationally recognized holistic psychiatrist, calls blood sugar imbalances "the great psychiatric pretender." Blood sugar spikes and dips are often responsible for the up-and-down patterns of our moods. To balance blood sugar, I always recommend pairing carbohydrates with protein and fat. This slows the absorption of sugar into the bloodstream, setting you up for steady energy all day. Making a smoothie? Add half a cup of full-fat coconut milk. Eating a piece of fruit? Have a handful of nuts along with it. Make sure your meals contain adequate fat and protein along with healthy carbs. And it goes without saying — the less sugar in your diet, the better. For a yummy sweet fix that won't leave you cranky, try a couple of squares of 85-percent dark chocolate.

Making a smoothie? Add half a cup of full-fat coconut milk. Eating a piece of fruit? Have a handful of nuts along with it. Make sure your meals contain adequate fat and protein along with healthy carbs.

FERRET OUT FOOD SENSITIVITIES

Many of my clients have hidden food sensitivities that wreck their moods. The most common culprits I see in my practice are gluten and dairy. To understand which foods might be negatively impacting your mood, I recommend a temporary elimination diet to uncover sensitivities. Put simply, you eliminate certain foods for 30 days or more, then systematically add them back in to monitor their effects. My favorite elimination protocol is the wildly popular Whole30 program. I use this with nearly all of my clients to provide a baseline level of healing and "reset" the physical body. The results are nothing short of astonishing!

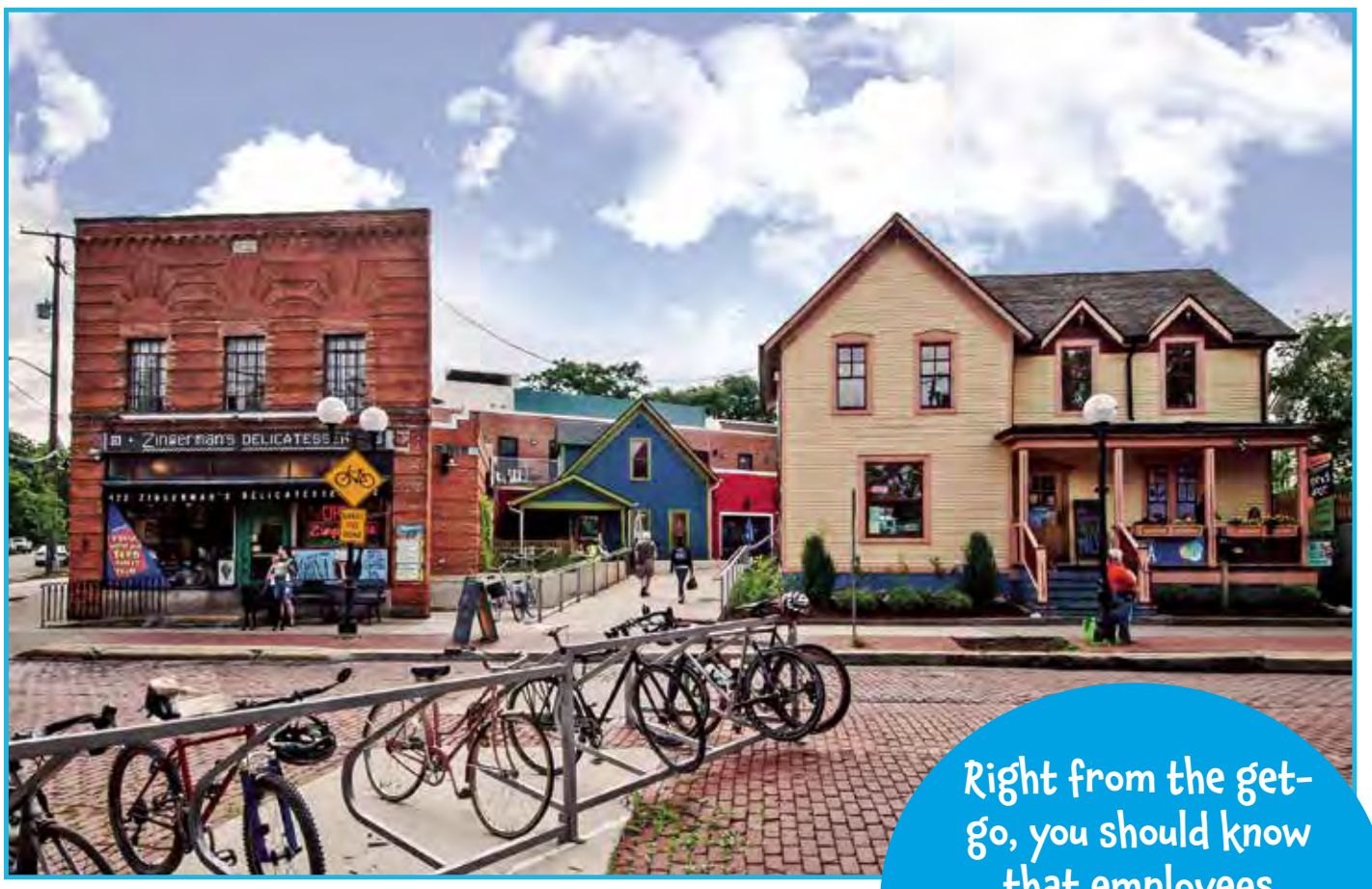
I believe that true mental wellbeing requires a mind-body-spirit approach. In my own journey, I wish I discovered the "body" part sooner! Even when emotional trauma plays a role in someone's mental health issue, I always encourage them to support themselves physically with nutrition. Over time, the "fight or flight" effects of emotional trauma create cortisol imbalances, which lead to physical symptoms and nutrient deficiencies. A holistic, full-person approach — which may include talk therapy, energy work, nutrition, and other modalities — offers the greatest opportunity for hope and healing.

Holly Higgins is a Nutritional Therapy Practitioner and Whole30 Certified Coach who specializes in nutrition for mental health. She practices online and locally at The Center for Sacred Living in Ann Arbor. Visit her website at www.hollyfisherhiggins.com.

Eating Gluten-Free at Zingerman's

By Dawn Swartz

"Zingies" is a nickname that's found its way to our house, which can refer to the Delicatessen, the Roadhouse, or even the Bakehouse at Zingerman's. Whatever your family calls it, if you live in the Ann Arbor area, you can expect that family or friends will want to eat out at this delightful dining destination. "Making food that's safe for our guests" is one of the mottos of the many-faceted food palace, and it's good to know in advance what will be safe for you.



Two words I'd use to characterize the Zingerman's brand are "fun" and "mysterious." Fun is everywhere, from their advertising to the premises upon which they sell their products. Mystery begins the moment you hear the name and read their cartoon advertisements. Read on with me as I give a bit of a "reveal" so that gluten-free (GF) folks can also enjoy the fun and mystery that is Zingerman's.

Right from the get-go, you should know that employees there can train to become "certified GF workers." Really! They take a course and then spend a number of months "learning, shadowing, and demonstrating the standard operating procedures." They also take a test, and no one gets certified unless they pass that written test with 100% correct answers.

Right from the get-go, you should know that employees there can train to become "certified GF workers."

Let's begin with the place of introduction for most of us: Zingerman's Delicatessen (Deli). Located in Kerrytown, near downtown Ann Arbor, it's easy to walk to when you're doing most anything in town. They have scads of GF products for purchase that are also available online (search GF on the website: www.zingermansroadhouse.com), however most people go there not to buy groceries but to eat a meal.

Two words I'd use to characterize the Zingerman's brand would be "fun" and "mysterious."

As soon as you step up to place your order, they ask you to tell them your GF status. When you tell them that you are GF, an informed and certified clerk appears, guiding you through the whole process of ordering, preparation, and presentation. The food handler will immediately change gloves, and any GF orders are put into a red basket. Alternatively, any Zingies sandwich can be served on a bed of leaf lettuce or their own GF bread, which I'll tell you more about later.

There are many more things to order here besides sandwiches. I've tried the vegetarian hash, a stir fry of sweet potato, yellow potato, spinach and herbs, which I found very tasty. Eggs here are very fun, having been inspired by hours of trial and thought; take a quick look at the cartoons that go with these and other Deli products.

Zingerman's Roadhouse is located at the intersection of Maple Road and Jackson Road and, unlike the deli location, there's plenty of parking. Zingies will GF-alter almost any item on their menu, but if you have an allergy you should know that this kitchen has everything in it, so there is chance of contamination. Still, they do make an effort to use dedicated toasters and segregate GF food in red baskets. That being said, there are three menu items which are purposely created for the GF customer.

The taste is great in that it doesn't demand more, or faster, ingestion. No, it gently asks you to eat slowly, savoring each small bite.

The first of these three items is the fried chicken, which is very moist inside a dry, crispy crust, and not at all greasy. I can attest that this is maybe even better the next day cold from the fridge. They use little in the way of seasoning and leave salting to the consumer.

The chicken was a good contrast with the second of the three GF offerings, macaroni and cheese. This was perhaps over salted, perhaps not, but beware: this is not your mama's macaroni and cheese; it's also not Kraft from a box. The cheese (and there's plenty of that) tasted like a combination of varieties, so it's hard to pinpoint exactly what kinds are in it, but it was sharp and full-flavored.

GF Fried Chicken at the Roadhouse

The third menu item marked GF is waffles. Yes, waffles! And in a fun, new shape: round. These four little discs are no bigger than an English muffin but are very filling and delicious. Don't expect light and fluffy; this is comfort food for adults. Zingies serves them two ways depending on your mood: savory, smothered with bacon and cheese; or sweet, served plain with a side of butter and maple syrup so you can add them yourself. However, they're tasty enough that you don't need *anything* with them. I found them so satisfying that I didn't want anything else. (And I had to get a box.)

Other dedicated GF items are French fries, sweet potato fries, and their BBQ pork (with any sauce except for the red rage sauce). Of these, I've only tried the sweet potato fries and they were wonderful.

A trip outside the circle of highways around Ann Arbor takes you to the always growing and changing Zingerman's Bakehouse. Not easy for everyone to find, it is located off the curved road, Airport Boulevard, between State Street and Ellsworth Road at 3711 Plaza Drive. A recent change which makes finding it easier is that Zingerman's has painted the eaves of their buildings a nice orange color; this makes it so they're easily set apart from the rest of the big, box-shaped buildings on Airport Boulevard that all look alike.

The Bakehouse is transitioning right now, so the sales counter is in a very small space while they're redecorating. In addition to their GF bread, Zingies offers a few dedicated GF items here, including vanilla and chocolate macaroons and the well-known "Townie Brownie." The latter is sold alongside all their other brownies, in sealed plastic, so you must either read the labels or ask about their GF status to ensure you get the correct item. I find it easy to remember that the GF brownie is named for Ann Arbor's annual kick-off to the Ann Arbor Art Fair: the townie street party!

GF Macaroons at the Bakehouse

GF Macaroni and Cheese at the Roadhouse

Well what a party, and what a brownie! Many people who care nothing for GF status prefer it. The taste is great in that it doesn't demand more, or faster, ingestion. No, it gently asks you to eat slowly, savoring each small bite. The chunks of chocolate are random and *may* cause a tiny, private moment of personal ecstasy. I once ate this brownie over the entire second half of an Ark concert. I don't know about you but the more mindful eating I do, the more I feel satisfied. And also the less guilt I give myself over eating a brownie at all!

The vanilla and chocolate macaroons are both tantalizing. Make sure you eat only one, however, as the sugar content (and it's only my intuition here) might be so high it may one day be illegal. Promise yourself to only have one. Better yet, split one! You'll have the same amount of pleasure.

The GF product sold here that's of greatest interest *is the bread* used for all orders of GF sandwiches at the Deli and the Roadhouse. Earthy, solid, and substantial, it is crafted from rice flour, organic brown rice flour, sorghum flour, buckwheat flour, xanthan gum flour, potato starch, and tapioca starch. To bake this bread, they begin by washing the entire kitchen from top to bottom to get rid of all contaminants. Then it's made when no other flours are present. The crust is golden-brown-beautiful, is a bit chewy, and has an unusual flavor.

The bread is available fresh Wednesdays and Saturdays after 5 pm. Other days it may be available frozen. They recommend phoning in advance to reserve your loaves.

It's good to buy a loaf and work with it at home before ordering a sandwich ready-made. Try it toasted lightly for warmth, dark for some crunch, or medium for some of each. Then try it un-toasted. You decide. It's a very personal preference. The bread is available fresh, Wednesdays and Saturdays after 5 p.m. Other days it may be available frozen. They recommend phoning in advance to reserve your loaves.

In addition to the baked items, there is also candy from Zingies that is GF! The hand-made Zzang! original candy bar and the Raspberry Wowza each make for a delicious treat. It is worth noting that these, the macaroons, and the Townie Brownie are available in a GF gift box, making it easy to lavish these delicacies on your GF friends and family.

A final perk for shopping GF is that, with the push of a button, any Zingerman's clerk can instantly get you a list of ingredients on the checkout machine. It's no trouble at all to have it printed for you to take home or tuck in the bag when buying a gift of food. All mysteries and ingredients revealed!

Zingerman's consistently making such good tasting food creates a hush of mystery, but the good news is that now you can create this fun and mystery yourself! Buy the book that recently came out, *Zingerman's Bakehouse*. Along with the story of Zingerman's, it contains recipes which are unique to this region and favorites sold at Zingerman's. That's right: you don't have to buy these delicious products; they don't mind if you make them in your own kitchen! And if that's not a mystery revealed, I don't know what is.

Dawn Swartz has been happily gluten-free for almost two years. Contact her at fddlr2003@yahoo.com.

Great Tastes in LOCAL FOOD

Column by Crysta Coburn • Photography by Rachel Everheart

One bite, and tacos will never be the same for you again after stopping into Chela's in downtown Ann Arbor!

Chela's Restaurant and Taqueria

Late last summer, downtown Ann Arbor received a delicious upgrade. No, not a new office building or retail space with condos on top. I'm talking about Chela's Restaurant and Taqueria opening its second location near the corner of Fifth and Liberty, in Jerusalem Garden's old spot. To say that Chela's is a worthy successor to Jerusalem Garden would be an understatement.

Everything on Chela's menu — from the freshly made tamales to the tortas to the horchata — is packed with flavor: garlic, onion, tomato, poblano peppers, and cinnamon. Vegetarian, vegan, and gluten-free options are clearly marked. The gluten-free dishes are especially plentiful. (Remember, corn originated in Mexico nearly 8,000 years ago. Wheat was introduced by the Spanish.) The black beans were grown in Michigan and are non-GMO. Meat choices include the whole range: beef, pork, chicken, and fish.

One item that stood out to me as unique was the Cubana, a "chicken torta (sandwich) with ham and pineapple," though I have not tried it. The star of the show for me, hands down, is the chicken tamales. Not only are they full of flavor, they are stuffed with marinated chicken, unlike some other tamales I have had in the past that were mostly cornmeal.

Enjoy free refills of limeade, horchata, jamaica (hibiscus drink) and cans of mango or guava Jumex and bottles of Jarritos and Pepsi products. I am a longtime fan of horchata (a sweetened, milky rice beverage spiced with cinnamon), but limeade and Jarritos strawberry soda are both refreshing on a hot day.

On my first visit to Chela's, it was very much the opposite of a hot day. The brightly colored chairs of blue, red, and yellow, not to mention the electric fireplace nestled into the corner of the front room, were an oasis of color and warmth in a world of white. The seating in the back was warmer still. The stereo piped in lively music sung in Spanish.

Chela's is the best new lunch spot in Ann Arbor. The daily special is generous; Spanish rice, black beans, a drink and two tacos and tamales of your choice for $7.85. Add dessert, rice pudding or flan, for $3. Or for something a little different, there are the strawberry or pineapple tamales for $2.50. There is also a short breakfast menu served before noon.

I look forward to sitting on Chela's colorful patio this summer, knocking back a Jarritos strawberry soda with some chicken tamales or tacos. Maybe I'll finally try the strawberry tamales, too.

Chela's is the best new lunch spot in Ann Arbor. The daily special is generous; Spanish rice, black beans, a drink and two tacos and tamales of your choice for $7.85. Add dessert, rice pudding or flan, for $3.

Chela's Restaurant and Taqueria has two locations in Ann Arbor at 693 South Maple Road and 307 South Fifth Avenue. The South Maple location is open Monday through Saturday from 10:30 a.m. to 9 p.m. and Sunday from 10:30 a.m. to 8 p.m. The downtown location is open Sunday through Thursday from 10:30 a.m. to 10 p.m. and Friday and Saturday from 10:30 a.m. to 11 p.m. Order online at www.chelas.co.

Veg-O-Rama

There are plenty of vegetarian-friendly restaurants with vegan options in Ypsilanti, but only one restaurant that is entirely vegetarian, Veg-O-Rama, conveniently located mere blocks from historic Depot Town, downtown, and Eastern Michigan University, not to mention the surrounding neighborhoods. Their food is Indian/American fusion, fast-casual that can be eaten in (there is ample seating in the dining area), taken out, or delivered (look for them on Grub Hub).

The menu prices are beyond reasonable. Get two full size, handmade veggie burgers for only $5.49 and a heap of masala fries or two samosas for $2.99. Fountain Pepsi drinks are only 99 cents, and a classic lassi (sweet, salty, or mango), housemade chai, ginger tonic, or strawberry mint lemonade is $1.99. That's one filling, healthful meal for around $10.

The housemade chai has the exact right amount of spice and milk, still allowing the flavor of the tea to take center stage. The mango lassi has just a little bit of sour so as not to be overwhelmingly sweet, making it quite refreshing!

Easy eats and grilled up treats are hot off the grill at Veg-O-Rama!

Veg-O-Rama: You'll drool endlessly with this amazing Birds Nest Burger on a gluten-free bun. Try it with the Marsala Fries too!

The burgers are varied in flavor and spice level. The Golden Crunchy Potato Burger, a "classic from the streets of India," has a citrus flavor with a spice that builds in your mouth as you chew. The Peanut Crusted Cajun Blackbean Burger has a milder spice level despite the "Cajun" in the name.

If burgers aren't your thing, try one of the pizzas or wraps. Gluten-free? Try a rice or quinoa bowl. I recommend the butter paneer (vegetarian) or butter "chicken" (vegan). Felafel is also a classic. (The topping options are the same for pizzas, wraps, and bowls.)

The Golden Crunchy Potato Burger, a "classic from the streets of India," has a citrus flavor with a spice that builds in your mouth as you chew. The Peanut Crusted Cajun Blackbean Burger has a milder spice level despite the "Cajun" in the name.

You can also go the soup and salad route, a terrific option for a light lunch, with choices of fatoosh, Greek, kale, and sprout salads and the soup of the day. Breakfast is served all day and includes dishes like cheesy hashbrowns and toast and chutney sandwiches.

One thing I have yet to try, but am anxious to taste, is the Tamarind BBQ Jackfruit Sandwich. I've been seeing a lot of buzz online lately about jackfruit, which is native to India, being the new miracle meat substitute used in tacos, pulled "pork" sandwiches, and curries. I've seen it canned in stores, but I'd much rather my introduction to jackfruit came from the experts at Veg-O-Rama.

Veg-O-Rama is located conveniently close to parks, gift stores, coffee shops, and other restaurants specializing in dessert, so it's easy to make Veg-O-Rama a part of a fun and complete day out!

Veg-O-Rama is located at 533 West Cross Street in Ypsilanti. They are open Monday through Saturday 8 a.m. to 8 p.m., closed on Sundays. Find them online at www.facebook.com/VegoramaYpsi.

The Jefferson Market

Last spring, Nic Sims and husband Dave Myers, the owners of one of Ann Arbor's most beloved coffee shops and roasters Mighty Good Coffee, purchased and began operation of the Jefferson Market, a staple of the Old West Side neighborhood. The Jefferson Market is a wonderful option for locals looking for an easy and healthful lunch while avoiding the bustle (and parking fees) of downtown. The atmosphere is relaxed and the décor simple, yet inviting.

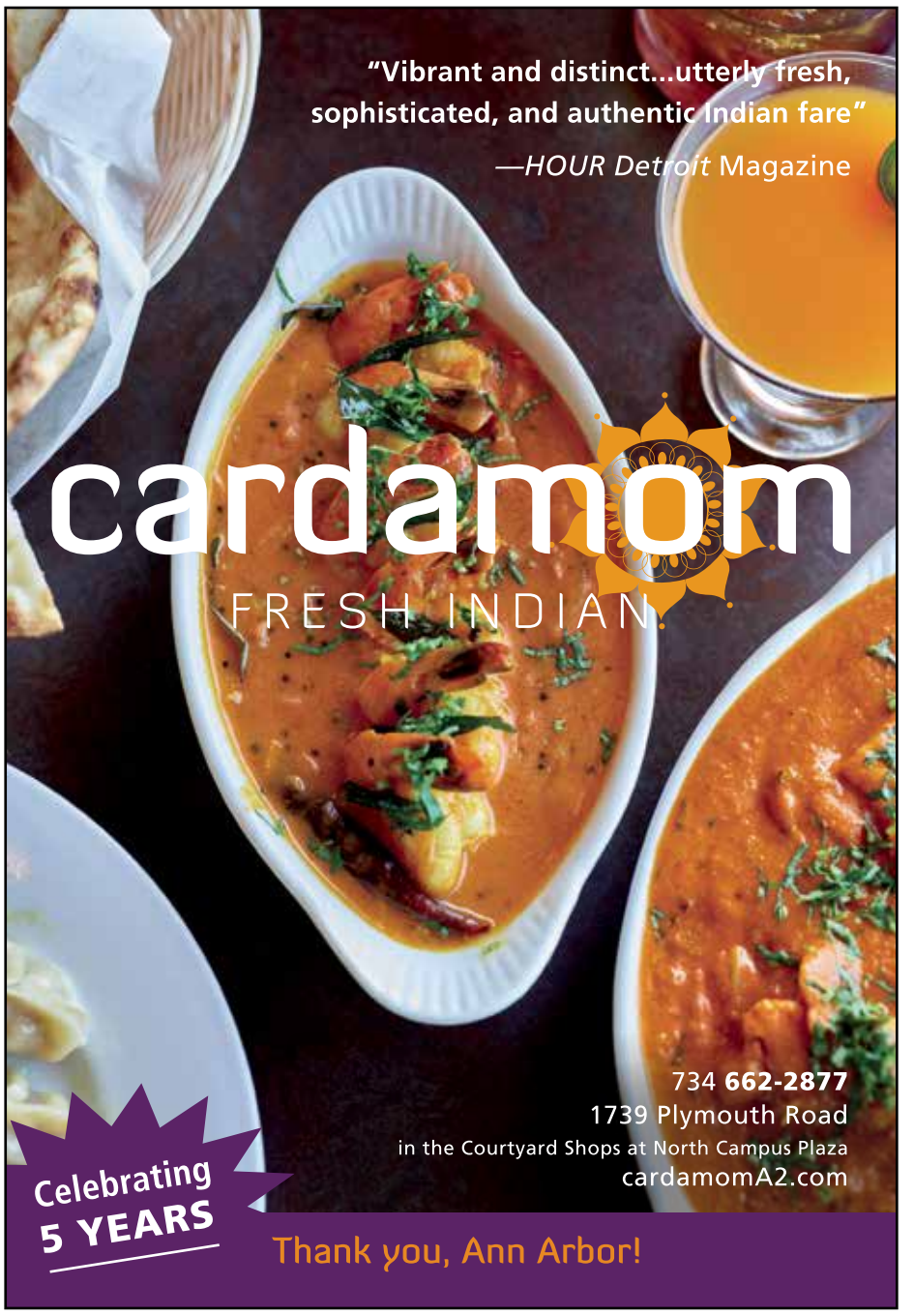
Jefferson Market: Get ready for your taste buds to take off with this Shaved Brassica Salad. Brussel Sprouts and Kale never tasted so amazing!

The lunch menu, which changes with the seasons, includes a number of vegan options, such as Vietnamese noodle salad, tom yum soup, spicy lentil tacos, and harvest hash (all clearly marked), and on weekends, enjoy a unique brunch menu. (Brunch, by the way, is "unplugged," which means no sitting around glued to laptops and cell phones, a novel concept in today's technology-driven society.)

The vegan spicy lentil tacos are top-notch! You get two tacos in corn tortillas and a serving of cilantro-lime rice, which was actually more than I could eat, so I ended up taking one taco home with me. Anyone who claims vegan tacos aren't as filling as meat tacos has not had these tacos!

If meat is not a concern for you, the corn and black bean chili (which also contains ground beef) is equally filling. The chili is served with a toasted chunk of delicious semolina bread and butter that you are welcome to dip into the chili, or enjoy on its own. Both are satisfying options.

Naturally, this being a part of the Mighty Good family, there is a full coffee bar menu. One of my favorite lattes to order at any cafe, the miel (honey), did not disappoint! The chai latte is also a solid option, not too sweet and not too spicy.



Last spring, Nic Sims and husband Dave Myers, the owners of one of Ann Arbor's most beloved coffee shops and roasters Mighty Good Coffee, purchased and began operation of the Jefferson Market, a staple of the Old West Side neighborhood.

But the fun doesn't stop there. I highly suggest getting a can of St. Steve's Elderflower Soda, a hand-crafted soda from a Hudsonville, Michigan, farm. St. Steve's makes two flavors, the elderflower, which has a picture of a green fairy sitting with an elderflower on the can, and ginger soda with an orange dragon logo on its can. (Speaking of fairies, there are two fairy doors at Jefferson Market for fairy-hunters to discover, so keep your eyes peeled.)

I couldn't leave Jefferson Market without also picking up one of their adorable confetti cupcakes with its pink whipped frosting and rainbow sprinkles. It was a tough choice, though, between that and the chocolate-packed mudslide or ginger cookies. I think I will have to get the mudslide cookie on my next visit. I bet it goes great with coffee!

The Jefferson Market is located at 609 West Jefferson Street in Ann Arbor and is open Tuesday through Friday from 7 a.m. to 4:30 p.m. (with lunch service from 11 a.m. to 2 p.m.) and Saturday and Sunday from 8 a.m. to 2 p.m. (with Brunch Unplugged from 10 a.m. to 2 p.m.). For more information, check their website www.thejeffersonmarket.com or call (734) 665-6666.

Sit down and sip it up! If there's one thing Jefferson Market knows...it's Mighty Good Coffee.

THE SCIENCE OF NATURAL EATING

By Maggie Burkit

There is a science to natural eating. It has developed over the centuries among native peoples as they adapted to their own climates and learned how to use the foods that Mother Nature gave them. Being more focused on learning from nature than modern humans have been, they learned to live and eat in rhythm with the earth. There is a lot more to eating than we normally are aware. Even those of us blessed with a lot of knowledge about the human body, health, natural medicines, and various healing practices don't always apply our knowledge to this simple task we all do daily. For the most part, if we take the time to sit and bless and mindfully eat a meal in peace, it is a miracle!

So for a few moments, let's get back to simple. Simple awareness, simple concepts, and eating simply.

One of the most important keys to health and weight loss, is your pH balance. Simply put, for you to be healthy, you need to eat foods that help you maintain a healthy pH.

pH Balance

One of the most important keys to health and weight loss, is your pH balance. Simply put, for you to be healthy, you need to eat foods that help you maintain a healthy pH. In agriculture, the soil pH having a proper balance is crucial to having a healthy crop. And if you have ever maintained a fish tank, you know that the water pH has to be just so or the fish get sick, and if it's too off, they die.

In this case, your physical body is that organic material that needs a healthy pH to thrive. Most Americans are too acidic, due to the predominately Western diet high in sugar, processed foods, and too much animal protein that has long prevailed in this country. We humans need to be more conscious that we are organic beings, whose bodies must follow the rules of nature to have a vibrantly healthy life.

There is a lot of information on pH on the internet, but in a "nutshell," when your pH is too low, as caused by acidifying foods, your body suffers. The enzymes can't work properly in that environment to digest the foods you eat, and the normal cell processes that your body performs begin to falter. Eventually your body's natural equilibrium becomes unbalanced enough that your immune system becomes unable to protect you, and you fall victim to disease. To over-simplify, essential fruits and vegetables alkalinize your pH, and meats, poultry, dairy products, and grains acidify (with a few exceptions, such as goat's milk, which alkalinizes). So if you want to maintain a healthy pH, eat lots of fruits and vegetables. We all know that, or at least have heard it for years, but this gives you another perspective on how crucial it is to actually do this for your general well being.

Most Americans are too acidic, due to the predominately Western diet high in sugar, processed foods, and too much animal protein that has long prevailed in this country. We humans need to be more conscious that we are organic beings, whose bodies must follow the rules of nature to have a vibrantly healthy life.

Habits Can Make or Break You

Now, don't start worrying about what you are eating, thereby adding stress to your life and defeating the point by all the acid you will create in your system by worrying. Worrying is a habit usually learned from how our family processed information. Our patterns and beliefs about food have gotten us to this current state of health, and it's time to take stock and face the fact that much of what we have experienced as disease so far was caused by what we have eaten that has just plain not been good for us.

"Inherited" eating patterns may have a lot to do with some diseases that are currently seen as "genetic," as the outcome of following family eating habits, thus inheriting the deficiencies of our ancestors through generations. Such long held genetic patterns are what "trump" our best intentions and are one reason our resolutions usually only work for a while before we are again left wondering why we just don't seem to be able to accomplish our diet goals. But the good news is that we can start changing our biology for the better in the now with each choice we make. You are on the threshold of the rest of your life.

Your body is your vehicle for this life, and it's more fun and useful if you take care of it according to the Maker's instructions. Let's incorporate some simple changes into our lives now that will lead to new life enhancing habits that will become our new life patterns to take us through our future years with more ease and grace.

Avoid Anti-nutrients

In its refined state, sugar is a very "Yin" or "acid" food, inviting all kinds of diseases as your acid-alkaline balance shifts. In our country almost all processed foods contain copious amounts of sugar. Even the new "organic health foods" boasting "organic cane sugar" have enough sugar in them to throw your immune system out of whack by unbalancing your acid-alkaline balance — and what it does to your waist line!

Sugar, along with its number one cohort in crime, white flour, another former nutritious food turned into a refined zombie sucking nutrients from your body, are "foods" that take up space and make you feel full, yet still hungry because your body lacks nutrition, so you still feel like you need just a little something more to eat… And bye-bye good intentions!

Years ago the World Health Organization classified refined white sugar as an anti-nutrient, meaning that it requires nutrients you already have stored in your body to metabolize and process the sugar that you consume. In fact, it exhausts your supply of B vitamins, vitamin C, calcium, and trace amounts of potassium, magnesium, zinc, chromium, and sodium. Understand, sugar as it is found in the raw has all the B vitamins your body needs to metabolize it. Processing has turned it into a parasite.

Another thing you might not know is that sugar aids in Candida (a fungus) overgrowth, providing the perfect media for the breeding and growth of actual parasites. There are now statistics stating that up to 85% of Americans have parasites. Do your own research, but personal experience with parasites lets me know that these are "buggers" to pay more attention to than our culture currently does.

Drink Pure Water

We are made up of mostly water, every one of our bodily functions needs it, and you need the minerals Mother Earth provides in spring water. But please, let's all try to stop drinking molecules of plastic — both for us as well as for the planet. The plastic levels in our bodies have been linked to hormone imbalances. Even BPA-free plastic has shown in some studies to leach chemicals.

One simple way to reduce our use of plastic water bottles is by using a reusable non-plastic water bottle. Consider using a water bottle with either glass or stainless steel as the core component. Many bottles incorporate some plastic parts such as the cap. Just make sure it is labeled free of BPA, PVC lead, and phthalates.

Every day is a new start. Set intentions now to take a little step each day that will bring you closer to better health, wellness, and your healthiest weight. Your life is made one decision at a time.

The Most Important Ingredient in Any Food is Its Life Force

Eat food as close to how it's originally made, cut out as much as possible all processed foods, and do your best to eat organic foods. As much as possible, buy foods grown locally as your body is living in this climate and needs the foods appropriate to the area in which it lives.

Every day is a new start. Set intentions now to take a little step each day that will bring you closer to better health, wellness, and your healthiest weight. Your life is made one decision at a time. Intend to make the best decisions possible, one at a time, about what you will allow into your temple, as your body is the temple of God, Life, Breath, Chi, Chai, Anima, and you are here on purpose. Make intentions for life.

"If you know these things, happy are you IF you DO them!" — quote attributed to Yeshua, also known as the Master called Jesus

Maggie Burkit is a nationally certified natural health practitioner. She first began studying natural healing modalities in the early 1970s. She has used her knowledge of herbal remedies, flower essences, and intuitive energy readings and healing to maintain and improve her own health as well as assisting others in their wellness journeys. For more information on her Multidimensional Health and Wellness classes, counseling, intuitive energy readings and group or individual healing sessions, contact her at maggieburkit@gmail.com.

EMOTIONAL EATING: Knowing Your Triggers

By Rachel Lozon

It starts with a few slices of pizza, then you're busting open a bag of potato chips. And before you know it, you're moving on to a half batch of chocolate chip cookies. Many of us have been there before. We've used food to numb our emotions that are caused by stress, fear, anger, and boredom. Consciously or unconsciously, we've done it.

Emotional eating is normal and healthy. It's actually a good thing. It simply means our body is telling us we are in need of something. If we miss the emotion, we miss the information. Our emotional connections to food are natural. It's healthy to eat for comfort, at a celebration, or for pure pleasure. It only becomes an issue when we use food as the *only* resource to cope with or avoid feelings.

Hunger is a natural instinct we were born with. We know when we are physically hungry, right? Our stomach will growl, we may have hunger pangs, or we just know when our body needs fuel. A person who struggles with emotional eating will often eat in response to triggers instead of hunger. A very simple and powerful way to differentiate is to pause, check in, and simply ask yourself, "Am I hungry?" whenever you find yourself reaching for food. Be present in this moment with awareness, not judgement. This important question will help you recognize the difference between an urge to eat caused by physical signs or an urge to eat caused by other triggers or demands.

Often times, triggers, beliefs, thoughts, and feelings go unrecognized and will result in emotional eating. In order to create lasting change, it's essential to develop a plan for coping with a specific trigger. This means getting to the root cause. Overeating is not about food, but about identifying what is driving you to emotionally eat. Remember, it's not the "what" but the "why." When we are mindless and unaware, we continue to reach for food as a way to numb our emotions or meet our needs. Food does not meet our needs, it's only a temporary fix. When a craving doesn't come from hunger, eating will never satisfy it.

When a craving doesn't come from hunger, eating will never satisfy it.

There are three types of non-hunger triggers. Physical, environmental, and emotional. Exploring each one will help determine the "why."

Physical — Often times we are just thirsty, tired, or have the urge to chew something. Medication side effects, hormonal cycles, or a certain medical condition can also play roles. If we are in any kind of physical pain, food can be quite comforting.

Environmental — Common signals for overeating may include people, places, or activities, such as going grocery shopping, attending a baseball game, going to the movie theater, or seeing a commercial for a favorite food. Before opening the fridge or heading to buy a snack, ask yourself, "Am I hungry?"

Emotional — Emotions are normal and healthy; they provide information about our needs. If we always feed our emotions with food, we will continue to miss the messages our body is trying to tell us. Pause, slow down, and take notice of what is going on in the moment. Recognize the emotions that trigger a desire to eat and then find ways to distract yourself from food.

It's very important to create a pause in between the trigger and the reaction. Learning to pause gives you the ability to respond instead of reacting out of habit and following the same pattern.

After identifying which triggers play a part in emotional eating, we can take better care of ourselves. Maybe we aren't getting adequate sleep; we need love and affection; we need to de-clutter our home or office; we need to take more vacation time; or exercise more often. Exercise is my personal favorite. There's nothing like a good long run to work off a stressful day. Movement helps fight fatigue, stress, insomnia, depression, and anxiety. It also increases energy levels, boosts metabolism, lowers blood sugar, reduces the risk of cancer, and more. The benefits are endless.

If we always feed our emotions with food, we will continue to miss the messages our body is trying to tell us.

When we create more space in our lives for ourselves, we are less likely to overreact to emotional triggers. Many activities can bring great pleasure to our lives, and not all of them have to involve food. Nourishing our mind, body, and soul is essential. It can be as simple as booking a spa weekend, powering down an hour earlier at night, growing a garden, taking a bubble bath, meditating, setting boundaries, eliminating relationships, or asking for help.

This doesn't only help manage emotional eating, but it creates balance. Without balance, we get lost in the shuffle. It throws everything out of whack. It's not only we who suffer, but our loved ones, too. If we aren't taking care of ourselves, then we can't take care of the ones around us, either.

Food can become such a focus of our time and energy. It can become draining. It leads to guilt, more obsession, and more distraction from our life. It can leave us feeling stuck. Food isn't intended to do that. It's meant to give us the fuel we need to thrive.

Fill yourself with self-care and then you won't feel the need or desire to use food for comfort. Feed your body and nourish your soul. And always remember to ask yourself, "Am I hungry?"

Rachel Lozon is a certified health and wellness coach. She is passionate about nutrition and helping people with emotional eating challenges. Her website is www.revitalizebodyandmind.com. She can be contacted at revitalizebodymind@gmail.com or (734) 365-6614.

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Saturday, May 12th: John Latini
Friday, May 18th: Amy Dixon Kolar
Saturday, May 19th: Indian Music Night
Friday, May 25: Robin Monterosso
Saturday, May 26: Ed Scruggs

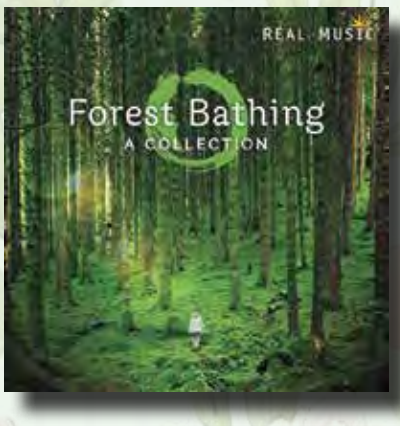
Friday, June 1st: Phil McMillion
Saturday, June 2nd: Dale Osborn
Friday, June 8th: Stuart Benbow
Saturday, June 9th: Bob Young
Friday, June 15th: Steve D'Angeli
Saturday, June 16th: Indian Music Night
Friday, June 22nd:
The Might Rhythm Bandits
Saturday, June 23rd: Adam Labeax
Friday, June 29th: Billy Brandt
Saturday, June 30th: Ed Dupas

Friday, July 6th: Terry Birkett
Saturday, July 7th: Steve Kovich
Friday, July 13th: The Nerk Twins
Saturday, July 14th: J. Washburn Gardner
Friday, July 20th: Hey Mavis!
Saturday, July 21st: Indian Music Night
Friday, July 27th: Kyleen Downs
Saturday, July 28th: Mike Ball

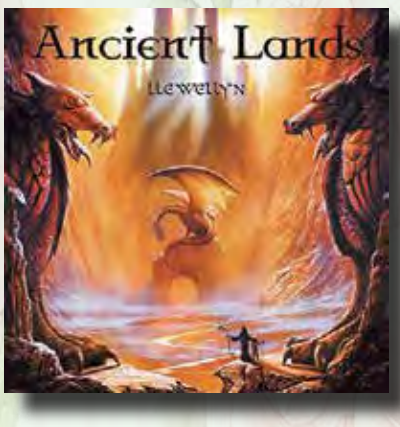
Friday, August 3rd: Robin Monterosso
Saturday, August 4th: Beverly Meyer
Friday, August 10th: Amy Grace
Saturday, August 11th: Shannon Lee
Friday, August 17th: Jan Krist
Saturday, August 18th: Indian Music Night
Friday, August 24th: The Echo and Sway
Saturday, August 25th John Latini
Friday, August 30th: TBA
Saturday, September 1st: TBA

Music Reviews

By Sarah Newland



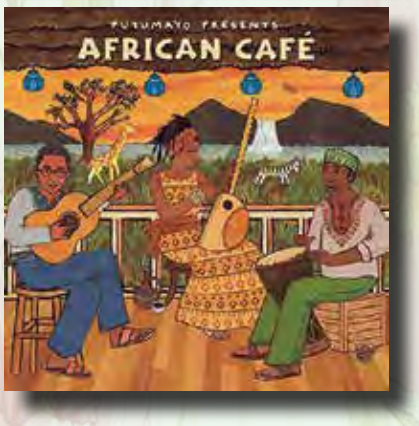
Forest Bathing cd: A Collection by Real Music Artists
Forest bathing is an ancient Japanese tradition known as the medicine of relaxing in a forest. Approached with presence, it can induce great restorative healing value for the mind and body, including lower blood pressure, reduced stress and anxiety, and a stronger immune system. This music collection has been specifically curated for its compatibility with the cleansing resonance of trees and may be used at any time for relaxation and to stimulate forest healing.
$17.98



Ancient Lands cd
by Llewellyn
In the end of the legend of Arthur, he rests on the Isle of Avalon, waiting until he is one day needed again. Today, the world is in great turmoil. More than ever, Arthur is needed to restore peace and healing. This is an epic album that takes the listener on a magical journal featuring Celtic instruments, the ethereal vocals of Juliana, and Llewellyn's crafted atmospheric soundscapes.
$14.98

Music for Reiki Attunement cd
by Llewellyn
Listen to over one hour of beautifully continuous music specifically for Reiki attunements and sacred ceremony. Llewellyn is consistently one of the best selling producers of Reiki music in the UK.
$14.98

Crosswinds cd
by Rajendra Teredesai
This is an album showcasing the vast musical canvas of flutes from around the world: Tibet, America, Arabia, Bali, and China. Some compositions are meditative, others tell sagas of epic romance, while others sing praises to Mother Earth.
$17.98



African Café cd
by Putumayo World Music
A relaxing selection of acoustic African songs to lift your spirits. Includes pieces from Senegal, Zimbabwe, Mali, and Congo.
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Evenings with Aaron
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Fall 2018
Workshops: 09/08, 12/01
Evenings with Aaron:
9/26, 10/24, 11/14, 12/19
Remembering Wholeness:
9/23, 10/21, 11/11, 12/9
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Organized by Mindful City Ann Arbor,
https://www.mindfulcityannarbor.org/
Contact: Lynn Sipher, lynnsipher@gmail.com

Saline Open Meditation
Tuesdays, 11 am – 12 pm, Center for Education and Innovation
(former St. Joe's building), 400 W. Russell St.
Contact: Paulette Grotrian, mindfulnesswithpaulette@gmail.com

Ann Arbor Open Meditation
Thursdays, 7:30-8:30 pm, Lotus Center, 2711 Carpenter Rd.
Website with schedule: aaopenmeditation.com; also on FB.
Contact: Libby Robinson, libbyrobinson7@gmail.com

Ypsilanti Open Meditation
Fridays, 11 am – 12 pm, Downtown Ypsilanti Public Library,
229 W. Michigan Ave.
Contact: Joya D'Cruz, dcruzjoya@gmail.com

Who Lived, Who Died, Who Told the Story?

The Crazy Wisdom Interview with *Dawn of Detroit* Author Tiya Miles

Interview by Kirsten Mowrey
Photographs by Tobi Hollander

Births are important, special times that draw our attention. New babies are kept close and beheld with awe, admiration and wonder at their possibility, a future in one's arms. Any creative human endeavor holds the same promise. The personality of places: libraries, universities, villages, towns, and cities, are built on the many intersections of people meeting and birthing a community together. Understanding the characters involved in those births is important to understanding the unique character of a place: its quirks, kinks, shadows, and blessings. So too, a city like Detroit: when we query history and examine it closely, we perceive the present incarnation in its origin as a borderland between cultures, landscapes, and peoples.

This fertile ground is the terrain of *The Dawn of Detroit: A Chronicle of Slavery and Freedom in the City of the Straits* (The New Press, 2017). It was with great delight that I spotted this book by Tiya Miles one fall day in Ann Arbor. I knew immediately that this book was important. I knew that this was a fellow searcher for clarity, for understanding, for bringing the truth to light, and that I needed to talk to Tiya. "Truth," being, as writer Parker Palmer puts it, "…an eternal conversation about things that matter, conducted with passion and discipline."

Tiya Miles is a professor of African American & Native American History at the University of Michigan, a MacArthur Fellow, and a historian tracing the intersections of race, place, and economics in her work. Her nonfiction storytelling approach breathes life into historical politics and people, giving them faces, ambitions, and all too human frailties. Tiya's early Detroiters are as varied as the city itself. Her style highlights that none of us lives only as a lawyer, a woman, middle class, or a father; we all have many sides to our characters and personalities.

Her curiosity and engagement with the modern city led her to explore the story of African American participation in early Detroit, and unearthed the city's history of slaveholding, a fact most Michiganders aren't aware of. She led a team of undergraduates in a study examining the nitty-gritty of historical documents, scouring reams of paper to glean information on slaves and slaveholders, and bringing to light the extent of slaveholding. The result produced an interactive Google map of slavery sites in the city. Tiya also contributes to *The New York Times,* writing on race, current events, and their relevance to American history.

Tiya's early Detroiters are as varied as the city itself.

I liken her latest book to a Midwest cousin of the Broadway musical *Hamilton,* telling the stories of early Detroiters that history has overlooked, wrestling with the historical record, and then asking: What would a person in this situation do? She looks at Detroit as who it was at its beginning, making an argument that the past is not gone but lingers and feeds the present. Although the British redcoats, French fur trappers, and slaveholders are gone, their legacy lives on in globalization, human trafficking, and border control.

Since Tiya lives in Ann Arbor with her husband and children, we were able to meet on an all too brief Winter Solstice at the Crazy Wisdom Tearoom. While holiday music piped in above our heads, we discussed her books, our places in society, as well as white supremacy and privilege. Tiya (pronounced "tie-yaa") has a smile that lights up her face and a soft-spoken voice. Her manner is calm, her fingers slim and graceful as they curl around her teacup. She will tuck her dreads behind her ear, duck her

head and smile slightly when she explains a point, listening intently to my questions. Discussing weighty topics and historical wounds may not be typical teatime fare, but her curiosity and engagement embraced and celebrated core values that define America.

Her curiosity and engagement with the modern city led her to explore the story of African American participation in early Detroit, and unearthed the city's history of slaveholding, a fact most Michiganders aren't aware of.

Kirsten Mowrey: I was at Literati when I saw *The Dawn of Detroit* had come out and I thought, *Wow!*

Has there been a lot of interest in your book?

Tiya Miles: There has been, it's been exciting, somewhat surprising, the range of interest. This one in particular because it's on one city, and sometimes in academic fields, U.S. history, people have an interest in broader sweeping kinds of projects that look at whole swaths of things: they look at regions, big questions. This project would be considered a micro-history, since it's so focused on a particular place, and sometimes those kinds of histories find very focused audiences. But I think there's something about Detroit, (pause) still, that just resonates with people; it seems to symbolize for them something about the present and even the future of the country, especially the post industrial city.

KM: Exactly. How did you come to history in undergraduate work?

TM: Well, I came to it after being in school for quite a long time actually. I'm originally a literature person, and when I went to college I had a strong interest in the novel especially, but also essays and memoirs, African American, mid American and early twentieth century, so that was kind of my way in. I think probably the first book that captured me was Zora Neale Hurston's *Their Eyes Were Watching God.*

KM: Ohhh, amazing book.

TM: Yes, and then Alice Walker's *The Color Purple* and Harriet Jacobs's *Slave Narrative.* I became really interested in the ways in which black women were using literature, were using story, symbol, metaphor, as a way to talk about the trauma of history, so it was a sideways shift to history from that point on.

KM: Did you decide to do that in the middle of your Ph.D. work?

TM: Well basically, yeah, that's pretty close. Maybe not quite in the middle, but probably about year one or two in my Ph.D. program, but I had done a master's before then in women's studies. I did my graduate work in Minneapolis, Minnesota. I did my master's right before that at Emory University in Atlanta.

KM: You've written a novel and this is your second work of nonfiction?

TM: No, it's actually, it may be number four. I had a first book, which was basically my dissertation. It was about slavery in the Cherokee nation, focused on an Afro-Native mixed race family, and a black woman slave was at the center of it.

KM: That's the book about Shoe Boots. [He is a Cherokee man. The book is: *Ties That Bind: The Story of an Afro-Cherokee Family in Slavery and Freedom.*]

TM: Then I did a book on a similar topic, but instead of focusing on a small farm family, looking at a large plantation that was owned by a really wealthy Cherokee site holder. That place is still a historic site that people can visit. The collection you are talking about [*Crossing Waters, Crossing Worlds*] came right in between those two.

And after that one, I did the novel based on the research of the second history, and then a short book on ghost tourism in the South. And now the Detroit book. It's hard to count them because they are really different in genre and some of them stack up on the side of academic work, some on the side of creative exploratory work.

KM: There's a difference in voice between your Shoe Boots book and Detroit book.

TM: (Surprised) You know what, a mentor of mine, who's also a colleague, told me that. I didn't know that. How did it change to you?

She looks at Detroit as who it was at its beginning, making an argument that the past is not gone but lingers and feeds the present.

KM: I would say there's a surety in *Detroit* and a clarity. I don't know at what point you went from writing your dissertation to teaching, but teachers often interpret for their students.

TM: That's really interesting what you are saying and really helpful and instructive to me. This friend/colleague/mentor, when she said this to me, she said that, "This is not the voice of the Shoe Boots book." And she said she thought I sounded kind of (pause) angry in the Detroit book. Which in your words, I think, is being characterized as more assuredness or greater clarity.

A couple of things happened. One does have to do with — I've written a handful of books in between. Another is, that first book on slavery — was something I was working on in a moment when that was a very contentious issue, because there were descendants of freed people who had been owned by Cherokees, who were really pushing for their rights in the Cherokee nation, pushing for citizenship rights, and I knew people on both sides of the issue. And I remember thinking I wanted to be very careful, very judicious, very balanced to present both sides of the situation, and was actually trying very hard not to reveal my own opinion about it because I wanted people on both sides to be able to trust my scholarship. So I definitely took on, I guess a stance of withholding in that book, and also in the second book, and I think in the novel is where I expressed a little bit more my viewpoint about that whole issue.

KM: Now in that chronology — Shoe Boots, second book, novel, where did the MacArthur grant come in? Are those grants, is that for a particular work?

TM: Between the second book and the novel. I'd already been working on the novel and it came in somewhere. No, they call you and say "no strings attached." They basically say that the recognition and the funding support is a way of acknowledging past accomplishments but also paving the way for future accomplishments. And they don't want to put constraints on what that might look like. It's wonderful to have it.

KM: What happened for you when you received that?

TM: Well, for me, it was a kind of a complicated moment because I had just agreed to serve as the Chair of our African American Studies Program here at U-M. That is a three-year administrative services assignment. It's very time consuming; [you] have to put your work to the side to do that. And I think I found out about the prize in the first month of the new job. [I had been at U-M] about ten years, something like that. It was…a bit of a dilemma, because one thing the prize allows for and is wonderful for is time. Everybody wants time, right, to do your work.

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The cherished Royal typewriter was a gift from Tiya's grandfather when she was fifteen.

"But I think there's something about Detroit, (pause) still, that just resonates with people; it seems to symbolize for them something about the present and even the future of the country, especially the post industrial city."

Who Lived, Who Died, Who Told the Story?

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KM: Except you have this new administrative job!

TM: Exactly right. I was fortunate enough to get a chance to meet with some former people who had received the prize and I asked them what they had done, and with people who were just mentors to me, and there was a pattern of response which said you've got to get out of that administrative role, but I didn't feel that I could because I had already signed up. People expected me to be in it not just one year, but for multiple years, and the school year had started. So I didn't withdraw from that post, which meant that I didn't get immediate benefits from the prize in terms of time. Financially speaking it's great, I paid off my and my husband's student loans, which changes a life, really. As far as the really beautiful thing you get with the prize, time, I had to…defer it for three years, and that was not easy.

"Local history and students could have a personal connection with the places we were going to explore."

KM: In terms of the all of the benefits, the fullness, it settled then.

TM: It really settled. Working on the Detroit book was part of what I felt I could do with some of that time.

KM: Did the Detroit book precede the Mapping Slavery in Detroit Project?

TM: No, no, they were connected. A few things happened at once. One is I was becoming interested in local history; because a class I taught had gone on an Underground Railroad tour organized by this group of people [who] organize themselves as "the African American Cultural & Historical Museum of Washtenaw County." They didn't have a building at that time, now I believe they are renovating the building on Pontiac Trail, which is very cool [to learn more, including details on the bus tour, visit www.aachm.org]. The tour was organized by them, we took the tour, and it intrigued me — I had never had Michigan history. [I grew up in] Cincinnati. I got off on a research tangent because of that. And from the administrative role, I had always been aware of this undergraduate funding program [Undergraduate Research Opportunity Program, UROP] and I thought this would be a great project to apply with. Local history and students could have a personal connection with the places we were going to explore. I got the funding, and again, it was another project I could do while administrating.

KM: Interesting the constraints of the administrative position and you seeking those creative outlets that come into work after.

TM: Exactly. We did the research, we created our map, we visited the historic sites we had pinpointed and — *that's when* — kind of two years in — when I realized, this material is not only compelling but there might just be enough of it to be able to develop a narrative around this topic. And then I finally started getting my leave time.

KM: And then it snowballed into the book. [How] has the response been, because it's coming at a time in our own nation's history when issues of privilege, the colonial history, are up? I know Princeton University is working on a project [The Princeton and Slavery Project investigates the University's involvement with the institution of slavery, slavery.princeton.edu] and other universities. So what's the reception been like?

TM: I think that it does fit in to a certain extent with these various universities' exploration of their ties to slavery and slave system wealth. Most of those places are, of course, in the Northeast and the South. The Midwest is a little bit different, we don't have the same kind of comprehensive embroilment with slavery as some of these other places, but we do have a history of it. And there is a line between the wealth created in Detroit and the University of Michigan. I explore that in a little bit in the book.

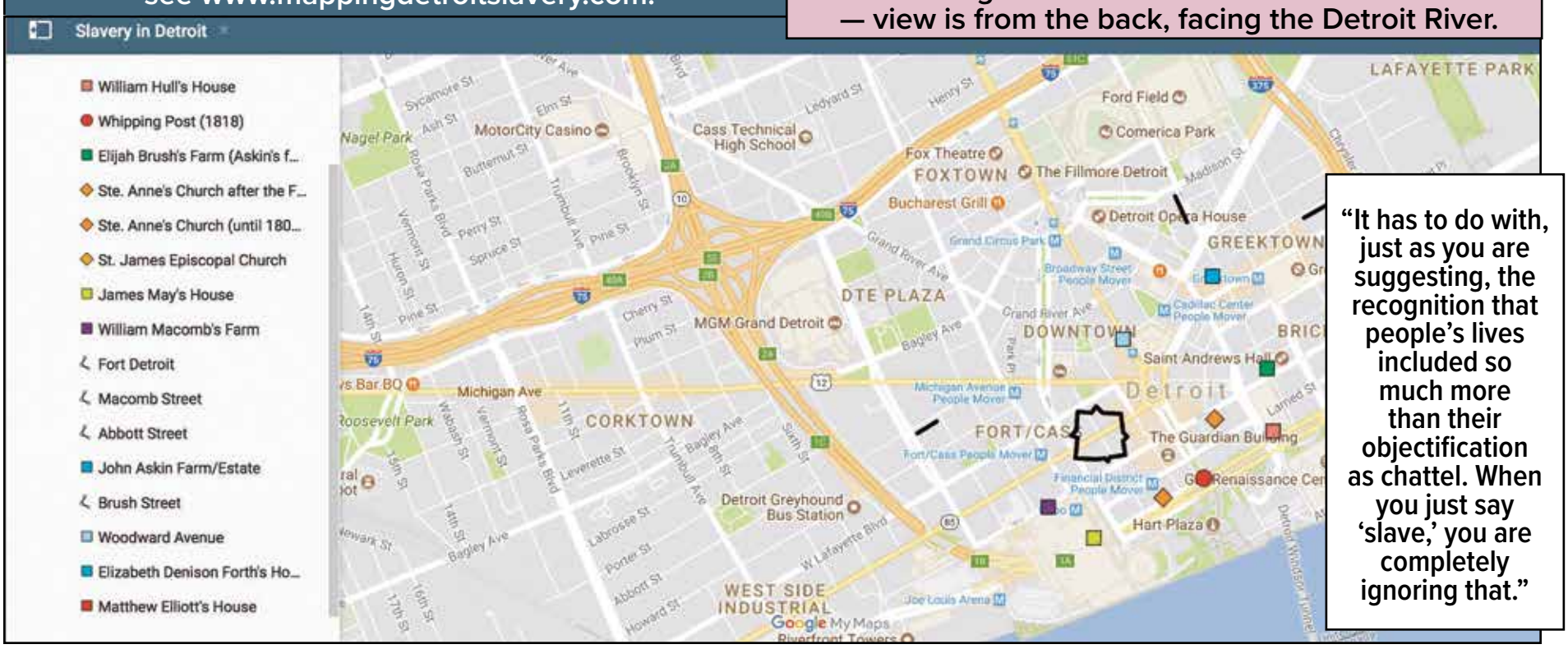
KM: I was going to ask you about that particular piece. How the Ottawa, Ojibwe, and Potawatomi set aside the land that is the University of Michigan. And that slaveholders in Detroit gave the money for the founding of it. It's not the clarity in the case of the South, where there is a line, and yet, there was colonialism and there was slave holding and it's gray.

TM: Yes, that's right. It's not the same kind of, I guess, smoking gun we have for places like Brown, Princeton, University of North Carolina, all these places where slaveholders were all very clearly contributing to development of these universities and where college presidents had enslaved people right there with them, on the grounds. And in Georgetown, where enslaved people were sold to benefit the school, it's not like that.

Photo by Jason Paris

Gateway to Freedom International Memorial to the Underground Railroad in Detroit's Hart Plaza — view is from the back, facing the Detroit River.

Mapping Slavery in Detroit, mentioned in the intro, is a "project to develop and explore the history of slavery in Detroit and its effect on the modern-day city. The primary goal of this project is to provide a more complete picture of slavery in the Detroit area for the general public, students, and scholars in order to acknowledge the full history of the area and to learn from it." For more information, see www.mappingdetroitslavery.com.



"It has to do with, just as you are suggesting, the recognition that people's lives included so much more than their objectification as chattel. When you just say 'slave,' you are completely ignoring that."

But it is definitely the case that the oldest and wealthiest families in Detroit were the people who not only really supported the idea of a university but who gave financially for the early university and who served on the Board. So without them, I don't think we'd have a university. The tricky thing becomes that, by the time the university is being founded, in 1817, slavery has already really declined and so there's not a one-to-one relationship between "this person owned slaves, this person gave money." It's more like, this family had wealth based on slavery, and somebody from that family served on the Board, a son or nephew.

"It's not the same...smoking gun we have for places like Brown, Princeton, University of North Carolina, all these places where slaveholders were all very clearly contributing to development of these universities..."

KM: It seems there may also be, although you chose not to make this distinction in the book, a difference between African American slaves and Native American slaves. I remember the quote from a student of yours that their education was "prepaid in land and blood."

TM: He's from the Grand Traverse Bay band in another part of the state, and yes, he did say that. *There is a difference,* really having to do with the fact that slavery was being practiced here all the way back to the early times of European settlement. Native people were the first and most available people to be captured and held as slaves. African Americans were enslaved a little bit later, just because of opportunity, it wasn't about any kind of principles.

KM: In terms of America right now, there's a national conversation about enslavement of African Americans, but not much about Native Americans.

TM: Not much, there's more. The scholarship has been building around this over the past twenty years or so. Recently we've had two big new books that focus on native people's experiences in California, which are very much deigned by history to be slavery and sexual violence. They are both very general and broad. One is called *An American Genocide* [Benjamin Madley, Yale University Press, 2016] and slavery comes in there as part of the story. The other one is called *The Other Slavery* [Andrés Reséndez, Houghton Mifflin Harcourt, 2016] and it's a general exploration of all different kinds of labor exploitation and abuse in California.

KM: I have been taught American history of slavery and in your book you use the term "enslaved peoples." I found myself with that choice of wording, it [the emotional impact] hits more deeply than the object term (slavery). It's a very human dignifying term.

TM: It is. If you read my books over time, you will see that's been a transition for me. It's a transition for the field of slavery studies and especially for the museum and historic site interpretations of slavery. It has to do with, just as you are suggesting, the recognition that people's lives included so much more than their objectification as chattel. When you just say "slave," you are completely ignoring that.

I remember being at an event in D.C. that was taking place before the opening of the new National Museum of African American History and Culture and hearing some of the audience saying very passionately — a black man, another black man — he didn't want to see the word "slave" in that museum. And the director of the museum said: "Already done." So this is a shift, and I'm glad that it worked for you the way that it did. It does, it changes, basically a noun, something that feels fixed, to a process…

"I remember the quote from a student of yours that their education was 'prepaid in land and blood.'"

KM: Brings up a interesting point in your book, different from other history books, is this desire to place yourself [Tiya Miles] and give that viewpoint, especially where there is no historical record or very limited record.

TM: Well, that comes from, I think part of it is how I see the role of history in my life and the lives of people. It's not distinct, I don't think it's anything approaching objectivity. History is very meaningful to me and I think, to individuals and groups. I always carry that with me in context; on this project in particular, because I was witness to and sometimes a participant in a public conversation about the history of Detroit.

I started this in around 2010, or 2011, somewhere around there. I think I have written more precisely about that on my website or in a talk. This was a time when Detroit was really in the news, for all kinds of negative things: bankruptcy is right around the corner; various journalistic histories being published — exposés about Detroit; there were events going on in Detroit, other nearby urban areas, and also here in Ann Arbor that were geared toward thinking about what Detroit studies could mean for understanding other urban areas.

All of those conversations actually led me to want to do more research on the topic and shaped how I would enter into the research. It was never me in a room saying, *I'm going to separate my mind and do a cerebral study* (laughs with delight) *on this topic and then stand a distance from it and report on my findings.* I mean I'm not like that anyway, but this project especially wasn't like that because it was born from local history interactions, with students in the classroom and students in that project that you mentioned, events going on in the area.

KM: There is a strong local conversation happening in Detroit and outside of Detroit for a while. I took an urban agriculture class and we heard Malik Yakini of the Detroit Black Community Food Security Network speak. He noted that most of the conversation happening is with people who are white and suburban and not Detroit natives, and that the African American population needs to be at the table.

TM: Yes, absolutely. Another thing behind this, which I didn't think to mention until you brought up the Detroit Food Network, is I took a group of students to visit them. I ran a project for about five years called ECO Girls. It was an environmental education project for girls in Southeastern Michigan that connected up middle school age girls and elementary school girls, too, with undergraduate students, graduate students, faculty and staff at U-M to explore environmental issues. To try to develop environmental consciousness and to get to know the place where we live. Actually Crazy Wisdom chose us one year for their community organization and gave us like $300! (Laugh) It was totally cool.

Through ECO Girls, as an Ohioan, I really hadn't visited many places in Michigan. I also got a chance to experience first hand the geography, the landscape, and people's connection to it, diverse people's connection to it. That was when we visited Dtown farm in Detroit. The kids did all kinds of [things], lifting muck, moving it around — they love it, straw. I don't think I'd ever made a one-to-one correlation, but I know all of this was behind what led me to do this project.

Because so much of this Detroit book is actually about nature, it's about land, it's about earth and ground, it's about water. How people orient their lives around it, for better and for worse; how the Detroit River was absolutely essential to Detroit's founding and growth, as a central fur trade hub, which is the reason why they wanted to hold slaves; so that means that the river and slavery were inextricably linked. It's all interconnected, how this came about.

"Because so much of this Detroit book is actually about nature, it's about land, it's about earth and ground, it's about water. How people orient their lives around it, for better and for worse..."

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Who Lived, Who Died, Who Told the Story?

The quilt (below) was made by Tiya's great aunt in Mississippi, likely in the 1930s. It came to her through her grandmother, who brought it north to Ohio during the Great Migration in the early 1940s. It is part of the inspiration for her next book project on African American women and the things they cherish.

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KM: It's always struck me that the first division seems to have come when people separated themselves from their landscapes and saw themselves as outside and other instead of intact.

TM: I agree with you. They separate themselves from land and non human beings living on the land with them and began to see these various aspects of the world as commodities, as things that could be commodified. And then, once they had kind of bulldozed through their own lands, started looking for other people's lands to take.

"... access to Native women felt like, and sometimes actually literally was, access to Native land. Treatment of the land — the violation of it — was akin to violation of Native women."

KM: And once they have "othered" their own land, they start othering of other lands and every being on it. No wonder they are linked. And as a women's studies major, I'm sure you know the way the feminine gets linked into that.

TM: Absolutely. I touch on this in the book, but only just slightly because I felt it might be pushing readers a bridge to far. I did really want this book to be accessible and I wanted it to feel applicable to people's lives, especially to people in Detroit and Michigan. So I didn't take this to its furthest limit.

But I did try to talk about how European men who were interested in forming relationships with Native women — sometimes they were free, sometimes they were enslaved by them — that they were imagining a symbolic relationship between Native lands and Native women and access to Native women felt like, and sometimes actually literally was, access to Native land. Treatment of the land — the violation of it — was akin to violation of Native women. For them it became a complex, in which it was all interconnected. The feminization and the racialization of Native people and African descended people was *key* to how this whole process of abuse could be rationalized and carried out.

KM: Because it continues, that otherness and commodification.

TM: Yes.

KM: I ask, as a women of European descent, here I am, deeply desirous of not perpetuating colonialism. What would you say to me? What is the constructive way to act?

"One thing that I try to underscore to them, which is my view, is that we are *all responsible* in some way for the harms that human beings actually do to one another."

TM: That is such a complicated question and we could talk about it for hours and hours —

KM: And that's the national debate right now.

TM: Well, it's part of it. I don't think a lot of people are at that point where they want to ask *that question*. But I can say that I had a conversation with students in my class about this, in one of my classes about this recently. Because we were talking about white supremacy, and we were defining it. And some students begin with this idea that there is a clearly defined group of people who are guilty for all kinds of crimes in this community, and there are those of us who there is no responsibility whatsoever. And so we have to talk about how white supremacy is an ideology, it's not a person; and that various kinds of peoples can actually subscribe to this ideology, and carry it out, consciously or unconsciously.

One thing that I try to underscore to them, which is my view, is that *we are all responsible* in some way for the harms that human beings actually do to one another. We have differing degrees of responsibility where we are located, depending on where we are located in history and in our present time, in terms of power, but unless you are an indigenous person from this region right now, your life is actually possible by colonialism. That includes African Americans. Even though I would want to conjure some types of language, different layers of nuance to understand African American relationships to the land. It's not the same as the relationship of descendants of the French settlers, for instance, but it is the case that we are here, in this beautiful tea shop, because this is no longer Potawatomi land.

"...unless you are an indigenous person from this region right now, your life is actually possible by colonialism...it is the case that we are here, in this beautiful tea shop, because this is no longer Potawatomi land."

KM: It makes me think of a conversation with a Latina woman earlier this year. We were in Costa Rica and I said I have a level of white privilege in American culture — because she was American — that I didn't necessarily do anything to deserve. I just inherited it. And then I said *we* have a level of privilege as first world citizens here in Costa Rica that we didn't necessarily earn. It was interesting to observe; she got the first piece, but the second piece was very new to her, that she also had privilege in a different context.

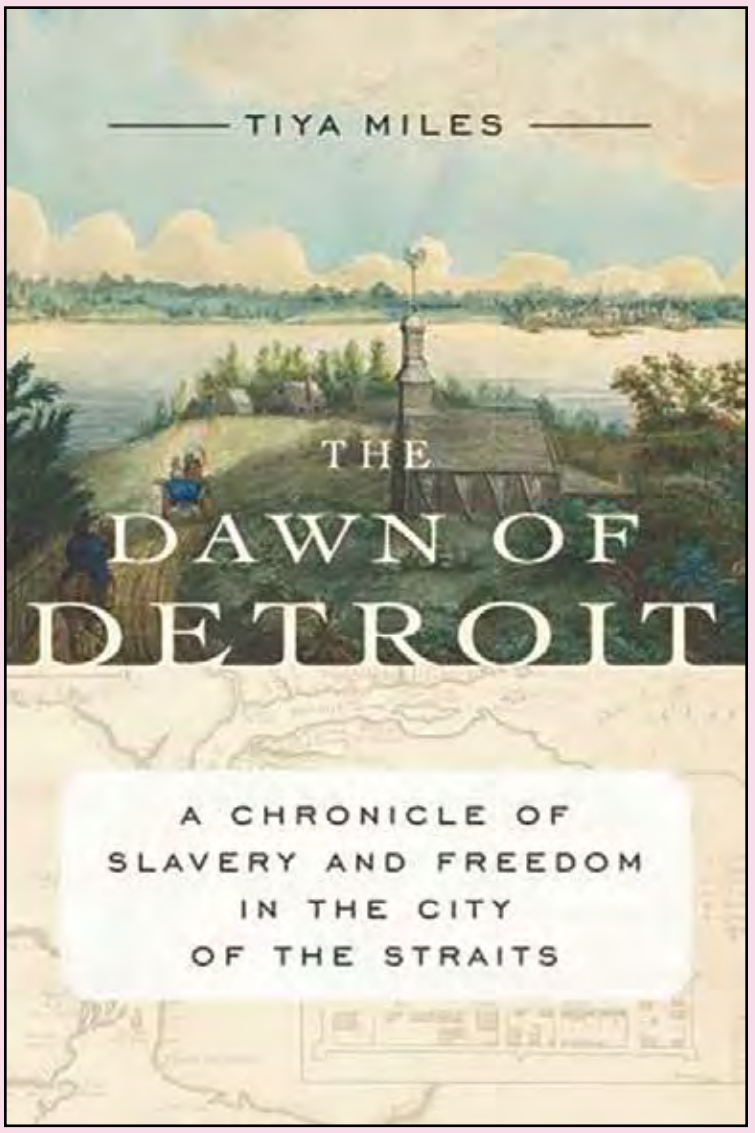
TM: Right, yes. I think it's difficult for us to shift our lenses no matter who we are. So in terms of people of color, it's difficult for some people of color to be aware of colorism and the fact that it matters if you are darker skinned or lighter skinned. Because there is a color hierarchy. That can be a barrier to get over, for people who have identified as color, to people who have a strong identity as people of color, or our nation's identity of color and have a hard time seeing that lighter skin is a privilege too.

So I would say, I don't want to let you or any of us off the hook, I mean we all have to be aware of our privilege and privilege with others. That privilege is real, it functions in the every day. I experience it myself when I am with friends who are white. I see the way they are treated, the kinds of things they can do. (Big smile)

One story comes to mind. I can't resist telling you this. I have a friend, she is a white scholar and she is also older than me, so race and age are an aspect. We were in Chicago together one time for a conference and we were looking in a shop window and she spotted this coat that she thought would be great on me, right, but the store was closing. I said, "They're not going to let us in, the store's closing," and she said, "Oh — no, let's go in." So I tried to start going in as the person was trying to close the door, and they weren't going to let me in. *My friend* moved into the space, showed herself to be an older white woman and...they opened the door. So this is the kind of thing, in that case she used her white privilege for me, right, but this is the kind of thing that happens all the time. It's so subtle that oftentimes people don't recognize it.

What I think we should all try to do is try to see where we stand in relationship to other people and to recognize that that might shift. It can change as you said, that depending where we are, the moment in time, the context, that interaction. And if we have privilege, to try to use it for the good and also to be active in unmasking structures that protect privilege. At this moment, it's really depressing to think about it, but to be active in trying to just take apart, to dismantle structures and the ways that are dysfunctional.

[...] I am definitely a believer in possibilities of the cultural realm helping to make political and social change. I think it's maybe slower, but it's an important part of social transformation, which also has to be political and legal.... anything we can do makes a difference.



An Excerpt from *THE DAWN OF DETROIT: A Chronicle of Slavery and Freedom in the City of Straits*

While the history of colonial and early Detroit has been told from many perspectives and is now a growing area of historical inquiry, published studies tend to render invisible or inconsequential the existence, struggles, and contributions of enslaved people in the city. In contrast to the existing historical literature, and as a hoped-for contribution to it, this book chronicles the rise, fall, and dawn of Detroit while centering the experiences of those who were held in bondage there from the mid-1700's to the early 1800's. In the mercantile settlement that would eventually become an American urban behemoth, hundreds of people — Native Americans, African Americans, men, women, and children — were kept captive, stripped of autonomy, and forced to labor for others. The composite story of their lives across five decades and under three imperial governments illustrates the extraordinary and all-too-ordinary character of Detroit, reveals the role of enslaved people as key actors in the history of the city, and illuminates a defining theme, and indeed paradox, of American history: the breadth and elasticity of slavery and the epic, ongoing quest for liberty.

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Rite and Recognition

What are the significant milestones along a life's path and how do we give them meaning? The deep human need for ritualization a
round life's biggest transitions — most commonly at birth, coming of age, marriage, parenthood, and death — calls us to engage in personal and communal meaning making.

Have you ever wondered, *Is graduation for the parents?* Witnessing their high school senior being handed a diploma sure feels like it to the parents, but that isn't likely on the mind of the graduate.

Have you ever wondered, *Is graduation for the parents?*

Does witnessing a child recite Torah at age 13 or take Rites of Confirmation signify traversing into moral adulthood, enfolding them in ancient tradition? It's a conversation they can now have with their elders.

Like couples exploring their stepping stones to the passage of retirement, or a croning woman embracing her post childbearing wisdom at a retreat, or a first time father rehearsing for his new role at a childbirth class, certain cycles of life ask us to slow down and embrace a new awareness. Through rites of passage, we engage in a process of embracing a new role; we transmit the values of the culture.

What is before the change, what marks it, and what is on the other side? What do we ask initiates to consider? What do they ask themselves? And what expectations meet them at inception? What wisdom is now available?

Through rites of passage, we engage in a process of embracing a new role; we transmit the values of the culture.

In the book *The Art of Ritual* authors Renee Beck and Sydney Barbara Metrick remind us that, "Human beings have used ritual for centuries as an important buffer to change and as a way of consciously recognizing and supporting a life event rather than denying or indulging in it….the end results of all ritual are increased balance, strength, energy, and comfort."

In this feature article on rites of passage, we use a collaborative approach to explore modern rites of passage. This collaboration arose from conversations and writing from Tara Moreno, Serenity House Flint; Callan Loo and Mara Evenstar, Conscious Rites; Jeanne Adwani, Evenstar's Chalice; Lauren Tatarsky, Inspired Life Counseling; and Maureen McMahon, Senior Editor of *Crazy Wisdom.*

We begin with a close-up on "coming of age" and how we ritualize change for teens. How does the movement to intentionally grow through this major transition and consciously step into a new role as an adult show up abroad and at home? We take an in-depth look at Conscious Rites, a Southeastern Michigan nonprofit that provides rites of passage for all stages of life and is at the forefront of personalized ritual by helping all ages to thoughtfully design rituals.

We seek to answer how consciously planning our rites supports our individual progress and our collective goals.

We also spotlight two related organizations — The ManKind Project (MKP) and Woman Within International (WW)— which offer highly regarded retreat experiences designed to support emotional maturity and healing in the company of supportive strangers. These two major initiation networks have come out of the need for experiential personal development programs for men and women and are growing. We seek to answer how consciously planning our rites supports our individual progress and our collective goals. We end with interviews of Callan Loo and Lauren Tatarsky, two MKP and WW participants who are leading the movement to form umbrella networks of gender specific support groups locally.

What transition do you want to honor next?

Our hope is that, in these turbulent times, in the wake of the rise of the divine feminine in 2017, you will feel this topic is germane. May it lead you to consider your own rites of passage. What and when were they? Was the experience supportive? Was it personal? What transition do you want to honor next?

***

Rite and Recognition ~ A Crazy Wisdom Exploration of Rites of Passage

By Maureen McMahon and Tara Moreno
Photography by Linda Lawson

Why We Are Called to Rites of Passage

To address the need for communities to mark transitions and individuals to engage in meaningful rites of passage, two very unique leaders in the Southeastern Michigan holistic community have come forward.

Mara Evenstar co-founded Conscious Rites with Callan Loo of The Intentional Living Collective with the intention that the strength of their work be community building through rites. Together they are consultants providing rites of passage programs and personalized experiences that include coming of age programs, milestone celebrations, weddings, and funerals. They also have held the gatherings New Earth Day in 2015 and the Pachamana Alliance workshop called "Awakening the Dreamer" in 2017.

Evenstar reflected in a doctoral research report that rites of passage often accompany a change in social status or role. With the exception of marriage, primary milestones have biological correlates, indicating that individuals can move through these milestones on a physical level, without them being marked by the community and given meaning. She writes:

> When this happens, there becomes an unraveling of the communal thread. Both the individual and the community do not see the ways in which they are part of the same picture. In part, the ills of our society are an acting out of these types of disconnections. One does not have a sense of belonging to the other.

Mara Evenstar is in a nexus of spirituality based understanding and formal education. A mother, grandmother, scholar, and business owner, her many endeavors share her interest in exploring the divine feminine. For many years she taught psychology at Washtenaw Community College, has a master's of transpersonal psychology, and is currently working on her doctorate at Meridian University under Dr. Jean Huston. She has also co-founded two local social enterprises, Sophia Unfolds, a program for transformation and a growing community of awakened women who come together for support, and New Myth Works, an LLC that provides a dynamic sanctuary for our conscious evolution with a focus on evolving consciousness. Last year she opened the Ypsilanti retail store Evenstar's Chalice with her husband, Russell Jones, a retired EMU professor, and hairstylist Jeanne Adwani, selling art, collectibles, and antiques and providing a sanctuary for gathering and rites that, she noted, has attracted a base that is queer and trans-positive.

Loo, who is originally from Ohio and a father of two young adults, is a former tech sales executive who shifted career tracks intentionally. He felt called to move in the direction of helping people reach their highest potential after seeing a dire need for community support. Loo, who calls himself "a conduit for social change," and whose build is that of an avid practitioner of martial arts, is co-founder of both Intentional Legacies and The Intentional Living Collective. Both organizations are geared to provide support during big life changes, including unique specialties like end of life planning and green burial. Loo describes Intentional Legacies as a community of good, dependable, helpful people on a mission to manifest communities of people living authentic, heart-centered lives. He is also passionate about helping to heal the divine masculine.

"It was three years in the making and a lot of conversations about the needs of the community," said Evenstar. With Conscious Rites, "We are being asked to provide unique experiences. People are looking outside of their religious experiences for something more," she noted. "We have been putting a lot of thought and research into [these] programs."

Conscious Rites' approach is partially inspired by Joseph Campell's 1949 explanation of the hero's journey. Evenstar explained that first, the individual is "called" and often removed for a time from his or her everyday environment. Then the initiate must pass through the underworld, receiving trials and teachings relevant to the capacities needed on the next stage of his or her journey. The successful completion of this journey into the underworld, and return to the world with new found wisdom, is marked by the communal ceremony, or rite. The final stage of this arch is re-introduction and integration into the community, taking on the roles and responsibilities of the next level of development, and being recognized within the community in the context of these new roles.

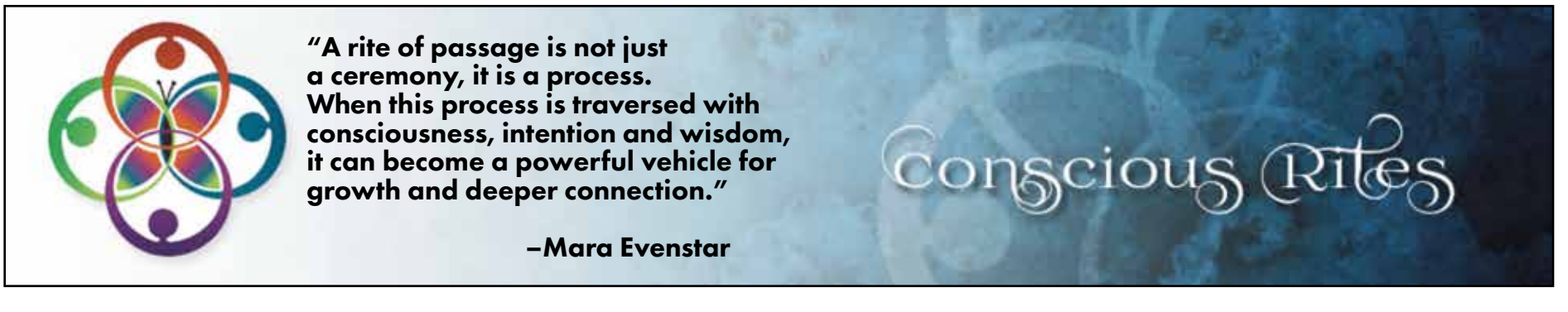
She writes:

> For me, it is this connection and context that are critical components of successful rites of passage. A connection must be made with Self, community and cosmos — and this is done within the context of understanding that one is the stuff of and embedded in to the Self, community and cosmos. A rite of passage is not just a ceremony, it is a process. When this process is traversed with consciousness, intention and wisdom, it can become a powerful vehicle for growth and deeper connection.

Continued on page 64

Van Gennep's Major Life Transitions

- ◊ birth (newness)
- ◊ entry (making contact with others)
- ◊ initiation (willingness to learn something new and be tested on it)
- ◊ marriage/mergence (capacity for commitment, integration; and unifying opposites)
- ◊ demonstration (ability to facilitate, heal, teach, guide)
- ◊ attainment (inner contentment)
- ◊ death (letting go, moving out from the old into the new)



Rite and Recognition

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For four days the Apache community marks how sacred and significant this time is for their members. The culmination is a grueling day-long dance without pause ushering in each child's new role.

Coming of Age

Among the major life transitions, a community honoring how adolescents must let go of childhood and embrace adulthood through coming of age ceremonies is most common. Is the transition about biological change? Accepting gender roles applied to adults? A conveyance of responsibility that now "the rules apply"?

... what 12-14 year-olds need guidance on usually relates to releasing their childhood and catalyzing responsibility.

There are two phases of coming of age: young teen 12-14 and older teen 17-19. Each phase confers unique responsibilities. There are several magnificent examples of groups taking modern approaches to helping younger teens embrace their new identity and role in the next stage.

If you can recall your teens, what 12-14 year-olds need guidance on usually relates to releasing their childhood and catalyzing responsibility. For example, How am I responsible to… my family, my friends, my homework, my chores, my body, my community?

As Evenstar writes, what coming of age rites of passage must explore is how "adult-making" strategies in Western culture are incredibly deficient, and asking: "How might my life experience been different if the younger version of me had been exposed to these radical ideas of self-possession, self-love, self-respect, and just the pure joy of embodiment? *How can we create lifelines for our children and grandchildren in this disembodied world?*"

One group in Australia has set the standard nationally for how to help teens ages 13-15. The Pathways Foundation offers a formal rite of passage for both genders, borrowing from the walkabout away from home, but instead of a solo trek teens are asked to be in community. Pathways to Manhood, a five-day bush camp for boys and their fathers or a male mentor, and Pathways into Womanhood, a five-day bush retreat program for girls and their mothers or a female mentor, have helped thousands of Australian families hold a rite of passage outside of religion. It has also become an international model for best practices.

"How can we create lifelines for our children and grandchildren in this disembodied world?"
—Mara Evenstar

In America, the tradition of the Native American Vision Quest that takes place for Apache 12-year-olds remains a test of strength, endurance, and character intended to prepare the girl for the trials of womanhood. Girls must perform rites and dances and are surrounded by community drumming and chanting. Mothers and their girls spend a year in preparation. For four days the Apache community marks how sacred and significant this time is for their members. The culmination is a grueling day-long dance without pause ushering in each child's new role.

Perhaps most commonly practiced in America today are religious rites for teens, such as those enacted at church retreats like Kairos, a Christian retreat curriculum, or summer Bible camps. Other pockets of American culture have modernized coming of age transitions into a family celebration. Quinceañera, which originates in Mexico, and debutante parties symbolize introducing a young woman into society, while bar and bat mitzvahs and confirmations signify a religious marriage.

Across cultures, teens are a group that are hard to engage. They have to buy-in and show up, two barriers to success for a lot of these rites. In the absence of conscious, effective coming of age experiences, a tragically high number of today's youth either enter adolescence or young adulthood feeling disconnected and unprepared for the challenges ahead — or even worse they may receive an informal and often dangerous "initiation" experience from sources outside of their families, such as gangs or interfacing with the justice system.

She described their work as a prompt for teens to consciously choose: "If you don't name yourself, someone will name you for you."

America has many historically monumental groups like the YMCA and YWCA, Americorps, and Big Brothers and Big Sisters whose social missions are a response to supporting teens whose family or culture isn't rising to meet the need. These programs emphasize giving urban teens mentorship, a positive environment to go to, and encouragement to become responsible teens.

Child of the Universe by Josephine Wall

Joining a conversation with Conscious Rites at the store was another local rites of passage coordinator, Lauren Tatarsky of Inspired Life Counseling. Her previous role had been as a teen mentor and retreat leader in Denver. She added to the coming of age discussion by describing the impact of the retreat she used to lead for Colorado Youth At Risk. Urban teens would spend weeks preparing for a weekend mountain "launch course," giving them an opportunity to examine their lives away from their influential environment and confront past issues. The retreat culminates in their mentors reading aloud letters written by their parents to them. The act of writing the letter — of honoring, of expressing love and pride, of acknowledging challenges and encouraging their child to overcome challenges — is a rite, too, for the parents. It is deeply moving for the teens to hear this affirmation aloud, and Tatarsky said most of them cry during the reading. Many teens ceremonially burn their own letters in a bonfire. Their mentorship asks teens how to be the authority of their life — who are you, and how do you grow into the life you want? She described their work as a prompt for teens to consciously choose: "If you don't name yourself, someone will name you for you."

Tatarsky added: "The role of the adults and mentors is honoring and listening to kids sharing their story, what they're up against, and adults holding the space and listening to them. It's an element of what teenagers need."

Here, in Ann Arbor, many adults mentor these passages as community service. There is the Community Resource Program at Community High School, where an expert mentor from the community guides credited coursework for a student instead of a teacher in a classroom. The culmination of study is presented to "the tribe" — fellow students, teachers, and close family friends and relatives — who gather to witness their presentation as a rite of passage.

These rites and rituals have to do with something Ann Arbor values highly: teens in a depth of pursuit of their talents.

Many teens, whether it is conscious or not, also pass through and embrace a new role through extra curriculars: as an Eagle Scout finishing a final project; a recipient of a new belt in martial arts; attaining a lead role in a play or an orchestra; or presenting something polished in public like a spoken word poem, a song, or at an art reception. These rites and rituals have to do with something Ann Arbor values highly: teens in a depth of pursuit of their talents.

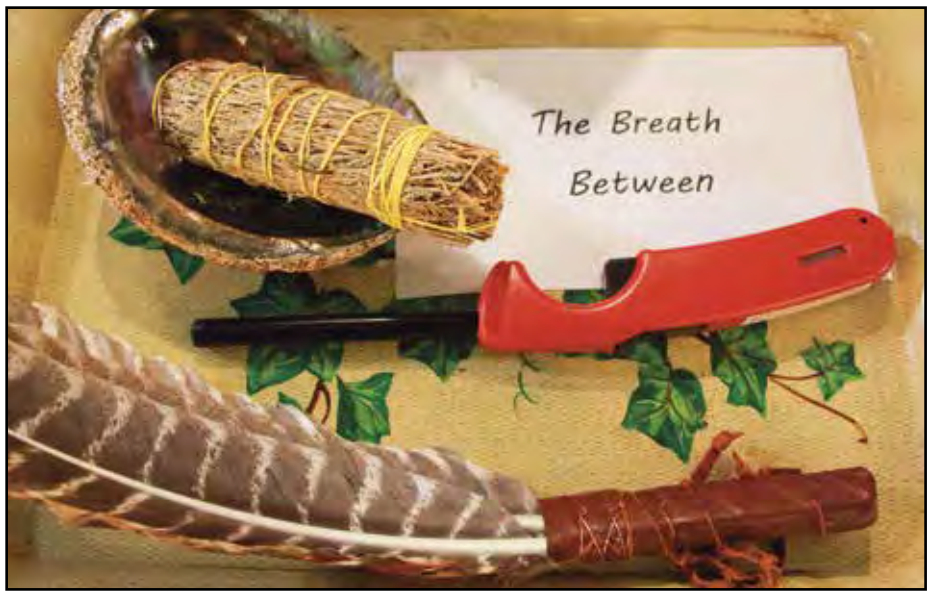
Ann Arbor's Rudolf Steiner Middle School is another school with a remarkable rite of passage process. In-coming eighth graders raise substantial funds to do a ten day wilderness retreat in Ontario called Northwoods. They are without their parents and out of communication the whole time. According to Northwoods program site, youth have to embrace communication, in community and with nature: "Working together to meet the challenges of a wilderness expedition helps adolescents learn to communicate effectively and depend on one another in an atmosphere of respect, understanding, and friendship." One Steiner parent recalled it was a deeply significant step for his son, as well as for him as a father, since his son had never been away from home for that long. Another Steiner dad said the experience was powerful and exhilarating for his daughter. The trip was physically demanding, emotionally intense, and strongly bonded the group. He wished he'd had that rite at 13.

"What is needed is a shift in consciousness to address the complex issues we are facing."
—Mara Evenstar

As a whole, however, most Ann Arborites and most Americans don't receive a coming of age experience at all. Community feedback gathered by Conscious Rites indicates that many who do often don't feel that it was a fully conscious experience that effectively prepared them for the next stage. As the American culture shifts from a religious-oriented culture (predominantly Christian) to a more religiously unaffiliated one, and as people of different cultures blend together, many individuals don't experience religious or culture-specific rites of passage at all.

Conscious Rites: The Teening Path

Here in Southeastern Michigan, Conscious Rites conducted a contemporary coming of age pilot program for children ages 11 to 14 years old called *The Teening Path* for "creating a coming-of-age experience that is inclusive and focused on the individual's path to unfolding into a healthy, whole, thriving adult. As we do this, we hope to also catalyze further cultural healing of gender distortions." The project emerged from their conversations and her doctoral research. What they designed, with input from the families who signed up, was not just a ceremony but also a process with a several week curriculum. What resulted was a family-oriented program, helping children and their parents grow together and build a conscious community around them for support.



"Who do I want to become? How do I become that person? The work is grounded in core values."
—Callan Loo

Evenstar said the focus of the *Teening Path* is to understand the needs of the kids and their parents and to help them collectively transition with "ease and elegance" into the teenage years. Evenstar is confident in her role in creating a safe place for people to develop and transition, saying:

> I believe I'm here to help create containers, that's where my gifts lie — to create the place for people to do their growth work. It's a critical time and so much is shifting. What is needed is a shift in consciousness to address the complex issues we are facing. I want to bring my original unique medicine forward…. it is a calling. It lights me up because that's what I'm here to do.

Running the pilot over the winter of 2016, Conscious Rites found fertile ground for the work she expressed as revising our "adult making" strategies. She and Loo were charged with fielding families, designing a cohesive curriculum, planning the opening and closing rituals with the kids for each meeting, as well as co-creating a coming of age ritual for program completion. They felt they put in a tremendous amount of intention and work.

In our conversation they reflected on how they discovered what would be the determinant for success with *The Teening Path.* Loo explained, "What are the participants' core values is an inventory exercise we use. Who do I want to become? How do I become that person? The work is grounded in core values." Evenstar added, "What are your values and your family's values?" And, "Adolescents are projecting out onto the world to understand how they see and are seen."

They discovered that *The Teening Path* had to be personalized to be trusted and contain those personal core values — which is revolutionary when considered alongside most religious rites for the same age group. The learning, they said, was that moving forward, Conscious Rites will have to focus on customized rites of passage for families instead of running a group program — at least until they revise the group approach. The pilot only retained two families, in part because the families that initially signed on wanted the curriculum further personalized. They also see the need for Conscious Rites to develop another program designed to support adolescents from 15 to 19 years old.

The retreat culminates in their mentors reading aloud letters written by their parents to them.

Conscious Rites currently serves Southeast Michigan and Northwest Ohio, and as a nonprofit they hope to attract funding and resources to make their programs accessible to everyone — including those that wouldn't normally be able to afford these important services. A recent successful effort involved a group rite of passage and ritual for Russell Jones and his friends around their transitions to retirement. It hits on a deep need for people to recognize that transition beyond the traditional American office party, drinks, or banquet — and to be able to embrace the long view of their life's work in community.

Conscious Rites intends to take their services nationwide. "Within two to three years we will hope to expand programming to a larger region, and within five years we hope to reach out to other states across the nation," said Loo.

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The ManKind Project — First Person with Callan Loo

The ManKind Project nonprofit (MKP) hosts a signature weekend retreat program called New Warrior Training Adventure. Callan Loo answers questions about his experience.

What need attracts men to the New Warrior Training Adventure (NWTA)? What are they there for? What are some aspects of the program's goal of men emerging into "emotionally mature" men?
Men are attracted for many reasons. In my opinion, a big one is to join a community of men doing their internal work to become more emotionally connected, healthy, and happy. MKP offers a safe container and set of tools for men to explore their feelings — including processing past traumas and experiences — with other men doing the same. The NWTA kick starts the process, enabling an MKP newcomer to begin or accelerate their internal work during a weekend retreat staffed by established MKP members. They can connect with other men in their community and begin doing inner transformational work using a well-designed set of tools.

> The need for this kind of work often comes into focus after one or more major life transitions that shake our personal foundation.

What was it like before, during, and after? What are Integration Groups? Why does it work, or transform? What is the status of the local MKP network?
MKP intentionally doesn't provide too much information about what happens during the NWTA weekend because the mystery is a very important part of the transformational experience. Because of this and some of the questions about it raised on the Internet, I was honestly a bit apprehensive [to register] at first, but a good friend and MKP member assured me that if I let go and trusted the process, I'd be safe and I'd really like the experience in the end.

They really do a good job of shaking you out of your comfort zone to open you up to something new coming through. Throughout the weekend it became more clear I was in a safe space and friendships began to form, especially with the other men going through it with me. I had carpooled with several other men from the area, and we all headed home feeling a bit raw, definitely opened up, and feeling like members of a healthy brotherhood.

> I had carpooled with several other men from the area, and we all headed home feeling a bit raw, definitely opened up, and feeling like members of a healthy brotherhood.

Afterwards we were encouraged to attend follow up focus training that reinforced what we learned and taught us new tools and skills to continue our growth and development. We all then joined local Integration Groups (iGroups) that are made up of men committed to doing the ongoing work to be the best, most healthy, and emotionally literate men we can be. To my knowledge there are currently three of these iGroups actively meeting in the Ann Arbor area.

In my experience MKP did a masterful job of providing an authentic, intentional, and effective rite of passage, helping me and my cohorts move from one place in our personal development to another level.

Why do people go? When in life is this coming into focus for many men? Are there common transitions, like during their 40's or when healing from a divorce, that this experience uplifts?
The need for this kind of work often comes into focus after one or more major life transitions that shake our personal foundation. Things like a divorce, an illness diagnosis, loss of job, and death of a loved one can all be big life disrupters that cause us to look inside and see the need for change and personal growth.

The Saturn Returns phenomena hits many men (and women) in their late 20's and early 30's and often leads to big life changes that may cause them to question who they are and why they are the way they are — and I find it encouraging that things like NWTA are available to help young men work their way through these changes. We as a society don't do a good job of processing major life transitions, and if we learn to consciously let go of an old state of being and fully embrace a new one, we could find peace and happiness on a new path much more quickly.

> For our society to heal and become healthy, for the feminine and masculine (regardless of gender) to heal and come together, then men in our society also need to rise up. But men often don't get a good blueprint to work with.

Given the rise in consciousness around female empowerment in recent events, what need do you see ManKind Project responding to? Do you see it growing?
There's a power imbalance in our society that needs to be addressed and it's so very good that women are coming together in groups to share their experiences, to collectively heal the traumas they've experienced, and to claim their own power. There is sometimes a dark side to this, a finger pointing at men that says, "You, men, made this happen. It's your fault!" and right or wrong, many men really don't know how to handle this. They don't know what they're supposed to do. It's clear men need to do their work — to learn what it means to be healthy men today, to embrace a healthier masculinity, to learn to balance the masculine and feminine energies within them and in relationships, and to become more emotionally literate so they can rise up to meet the feminine.

For our society to heal and become healthy, for the feminine and masculine (regardless of gender) to heal and come together, then men in our society also need to rise up. But men often don't get a good blueprint to work with. Many men are taught what it "means to be a man" from outdated or unhealthy (even if well-meaning) sources, and ManKind Project and other groups like Men Evolving Non-violently (M.E.N.) give men a good place to learn to be better men and integrate those learnings in safe, supportive space. I'm also aware through my network that there are new groups coming together in this space and I'm excited to see where this leads!

Briefly, does your work with The Intentional Living Collective incorporate ManKind Project concepts?
Yes, we offer experiences to the community in line with what MKP/NWTA offers men in transition. The Intentional Living Collective and Conscious Rites serve two primary functions — we provide direct programs that offer hope, inspiration, education, and resources to the community members as they shift to more authentic, heart-centered lives. We also explicitly connect local organizations in collaborations that let us all reach more community members and have a bigger impact.

Are there New Warrior Training Academies near Ann Arbor soon?
There are NWTAs coming up in Wisconsin on May 18; Ontario on June 8; and both in Chicago and West Virginia on June 22.

The next, closest to Ann Arbor retreat is in Woodstock, Illinois, June 22–June 24, 2018. Registration is $695. More information can be found on the mkpconnect.org calendar. More info on the local meet-ups can be found at www.meetup.com/ManKind-Project-Ann-Arbor.

CALLAN LOO AND NATHAN KING

Rite and Recognition

Continued from page 65

Callan Loo and The ManKind Project

Alongside the need to "revise our adult making strategies" is a deeply felt quest for adults to mature into spiritually and emotionally sound people and to become motivated by entering retreat. The groups that are making the biggest light on this are co-founded by the same international nonprofit foundation. The ManKind Project and Woman Within International core values are inclusiveness, respect, and integrity; ManKind Project also includes: accountability, authenticity, compassion, generosity, leadership, multicultural awareness, and respect.

> "If you're willing to challenge yourself, you will emerge more the man you were born to be."
> –The ManKind Project

The ManKind Project (MKP), which operates all across the U.S. in local chapters and in 11 regions around the world, offers challenging and highly rewarding programs for men through the passages of their lives. They believe that emotionally mature, compassionate, and purpose-driven men will help heal some of our society's deepest wounds. Their mission for 30 years has been to "create a safer world by growing better men."

Charlie Penner of Ann Arbor has been a member of the MKP for four years now. He was introduced to it by a high school friend. "One of the biggest motivations [for me to join] was community — it was about finding a group of men to have closer relationships with. I think it's given me some tools and confidence about what I want and to be more aware of my feelings," said Penner.

The ManKind Project offers men's groups and developmental training. One of their biggest draws is an Initiation Weekend called the New Warrior Training Adventure, which is a modern male initiation and self-examination program. On their website, the invitation reads:

> Over 60,000 men have taken this step. Men have created spectacular, life-changing, awe-inspiring results. Men like you take this journey. If you're willing to challenge yourself, you will emerge more the man you were born to be. The world needs you, and a brotherhood of men is ready to support you.

They also reference the hero's journey and believe the process of initiation is crucial to the development of a healthy and mature male self, no matter how old a man is. Penner said the growth and maturity that comes from this initiation weekend is very noticeable. "It's rare to have that level of conversation and not be judged for it," said Penner. There are several local MKP groups meeting regularly, some private and some open to un-initiated men. A good way to check them out is to attend one of their monthly open men's circles.

> "What has diminished is the availability of knowledgeable 'ritual elders' who understand the archetypal human need for ritualization throughout life."
> –Robert L. Moore

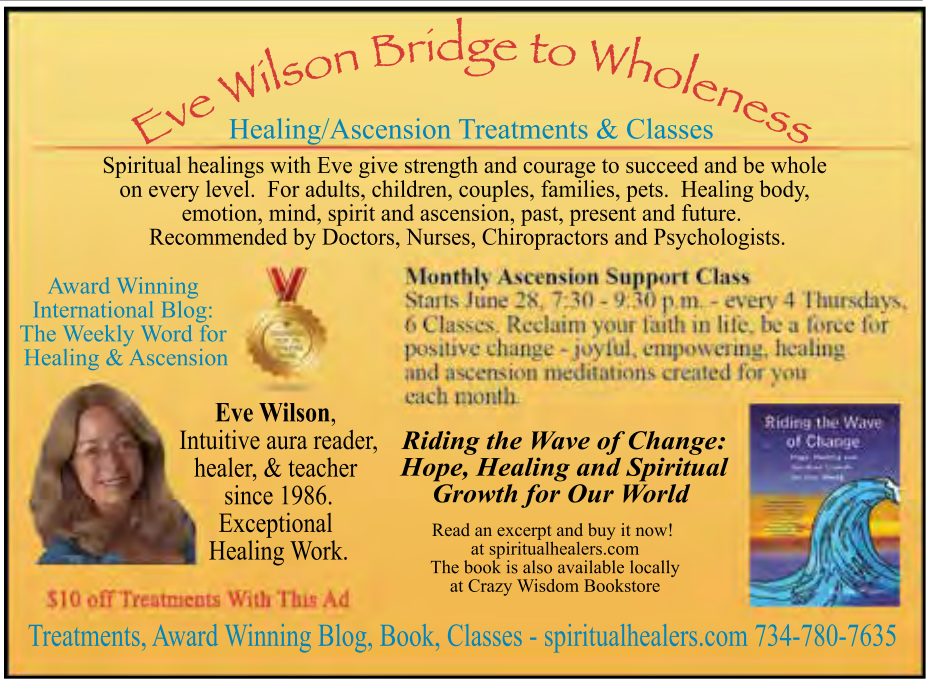
Callan Loo also participated in the MKP New Warrior Training Adventure in 2014 as part of his own initiation process. Loo stresses the importance of masculine introspection and development work, and how creating communities of healthy men is critical to the overall health of our society. Loo noted, "We as men often end up growing up and showing up as lone wolves, and we often feel isolated in some of the things we do. If I had a healthy community of 'brothers' at critical times in my young adult life I may not have made some of the unhealthy choices I did." As a young adult in the 1980's, he experienced overwhelming personal struggle at a time when he faced a core identity crisis and felt that there was a lack of effective community support. In Loo's account, he said:

> Waking up one day, I found I was miserable in what many would describe as a 'perfect life,' and as I searched my heart and soul for the reasons, I realized I had made many of my life decisions based on what other people expected of me. I had to look closely in the mirror and I realized I didn't like myself at all, and in order to become 'authentic' I had to open up.

At that point a wave of major life transitions crashed around him, and despite his family's love and good intentions, as well as attempts to find answers through Western therapy practices, he spent the next couple years "figuring it out on his own."

> So, we ask, do you see yourself as a potential ritual elder?

Through deep introspection and inner work, over time Loo changed his life from an ego-centered one into a more heart-centered one. He started Intentional Legacies in 2010 on a mission to manifest communities of people living authentic, heart-centered lives. "We go through this journey together. We talk about things like communication, respect, finding your own power, and we talk about values," he said.



Loo and his team initially developed personal and life celebrations and business legacy planning services to have a ripple effect on the lives of their clients that would be as deep and meaningful as possible. Reflecting on his own journey, Loo started researching rites of passage programs and developmental programming and decided to help others navigate major life transitions in a more healthy way.

In addition to his own initiation ceremony, Loo decided to create a personalized coming of age experience for his son, Jaden. Loo started by defining six core values for Jaden to master, then assembled a "tribe" of trusted men from their community to serve as mentors and work with Jaden on one of those core values each. Starting when Jaden was 14 years old, he spent more than six months working with his mentors on the values of respect, integrity, leadership, compassion, creativity, and courage. After demonstrating understanding and a beginning mastery of those core values, Jaden and his tribe celebrated his passage to a healthy adolescence through a sweat lodge ceremony at the Otter Creek Lodge and a community feast including elders from that Native community, as well as all the important men and women in Jaden's life.

> ...Jaden and his tribe celebrated his passage to a healthy adolescence through a sweat lodge ceremony at the Otter Creek Lodge and a community feast including elders from that Native community, as well as all the important men and women in Jaden's life.

Jaden is now 18 and he and his father are discussing another rite of passage to prepare him for his transition to young adulthood. His proud father reported, "Jaden earned an academic scholarship at Miami of Ohio where he's a freshman majoring in sociology. He made academic dean's list and he's a member of the marching band and the pep band."

Sharing his teenage perspective on his rite of passage, Jaden said, "It changed how I viewed things….It helped me to wake up about what is valuable to me. I thought about my actions more and how I affect other people. It made me more aware." Jaden also said he is more confident from the experience. "I value myself more….I feel a sense of confidence that I didn't have before this. As a human being, I felt like I've grown after [the rite of passage]. I would do it again if I would have an opportunity."

Continued on page 68

Rite and Recognition

Continued from page 67

CALLAN LOO, MARA EVENSTAR AND JEANNE ADWANI

Getting Involved

As we emerge from the political and environmental crises of 2017, we are in a world that is in deep need of rites and recognition. Communities coming together to support those navigating challenging life transitions will make for a more peaceful world. “People will handle transition a lot more gracefully and there will be a lot less tension, stress, and conflict in life. When we live in a place of fear it’s hard to move forward, so we intend to create community programs for people who are trying to live heart-centered lives,” said Loo.

Robert L. Moore, key developer of The ManKind Project, author of *King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine* (HarperOne, 1991), and Professor of Psychoanalysis, Culture, and Spirituality at Chicago Theological Seminar, echoes this and sends out a call: “The human need for ritualization in many areas of life has not diminished. What has diminished is the availability of knowledgeable ‘ritual elders’ who understand the archetypal human need for ritualization throughout life.”

So, we ask, do you see yourself as a potential ritual elder? Would you like to attend The New Warrior Training Adventure of Woman Within weekend? Would you get involved on a local level with a number of groups in Michigan offering rites of passage practices?

In addition to Conscious Rites, there are many active groups locally, with over 40 Ann Arbor support groups listed on Meetup.com, many offering rites of passage. A Brighton organization started in 2014 called VisionQuest supports rites of passage and vision quests to help clients make healthy transitions from one stage of life to the next. They believe that every defining event in our life story has a distinct purpose, and when we understand that purpose and find its meaning, we can go forward in beauty. Also, the Great Lakes Shamanic Community holds a variety of events and rites posted to their MeetUp site.

Southeastern Michigan’s The Changing Woman Sisterhood started in 1991 with the dream that women of all ages and backgrounds could gather for mutual healing, transformation, empowerment, and learning. It currently offers maiden

AT THE NEW EARTH DAY EVENT

Photo by Joni Strickfaden

initiation ceremonies through the EarthWalk Spiritual Community and a Nine Month Journey Regenerating Women's Wisdom currently in its 27th year of rich and significant personal growth and empowerment for adult women. Ellen Miller said, “Each February we offer opportunities for women to sit in Sacred Circle to contemplate their own personal roles as women. Of those attendees, we can enroll 20 participants in the current Journey.”

There are also a growing number of adult gender specific, secular support groups that are gaining membership locally. Lauren Tatarsky, who runs Ann Arbor Women’s Circle monthly meeting, and Callan Loo are both in the planning stages of making official Ann Arbor networks for women and men’s support groups to assist people in finding the right group and strengthening the movement.

For more information on any of the services mentioned in this article, please visit the websites listed. The Intentional Living Collective at www.theintentionallivingcollective.org; Intentional Legacies at www.intentional-legacies.com; Conscious Rites *at www.consciousrites.org; New Myth Works at www.newmythworks.com.*

AT THE NEW EARTH DAY EVENT

Photo by Joni Strickfaden

Woman Within International — First Person with Lauren Tatarsky

Lauren Tatarsky is the facilitator of Ann Arbor's Women's Circle, a private practice Spiritual Guide at Inspired Life Counseling. Here she shares her first person perspective of joining Woman Within International.

What need attracts women there? What outcome?
My experience was that a lot of women came because they had a desire to connect with other women. Many shared that they struggled in their relationships with women and wanted to pursue more supportive connections. Many were also drawn because they desire a space for personal growth among a tribe of women. I remember a number of voices about personal healing in the company of wise and loving women. I also know a number of women who had friends or family members who had gone and so came almost solely based on the high recommendation.

Personal healing and connection to a community of women. I'm thinking this question and the first question, though different, actually have the same answer. I think women receive exactly what they come for. It is a powerful weekend that does in fact accomplish the desires shared above in amazing ways.

> I think it's transformative first and foremost because it creates a sacred container for women, in a way that has been lost in our culture for too long now. It brings back the essence of red tent times, of times when women knew how to be with one another in our journeys.

Does the retreat space meet the goals in your experience?
Yes, beautifully. I went to the retreat in Julian, California, outside of San Diego. The retreat space was in a beautiful setting, meals were delicious, spaces were supportive of the process. Some women may have been surprised that we slept in large rooms with many bunk beds and shared bathrooms. I found them quite comfortable.

When in life is this coming into focus for many women? Are there common times of life like menopause or healing from divorce that this experience uplifts for people in your experience?
I think a lot of women felt themselves to be in a time of transition and in need of new inspiration, direction, healing from the past, a supportive and loving environment (many had so little of this in their own lives). Since the retreat is open to all women over 18, the details of these transitions varied. Yes, I do think many came after a divorce and/or empty nest situation. Some came, like me, out of college and looking for personal growth and community. Others because they were of an age where they wanted to share their wisdom with younger women and be honored as an elder. Still others because they felt lost and needed to find themselves again, or something painful had occurred in their lives and they needed to find a way back home to themselves.

Why is it transformative?
Great question. I think it's transformative first and foremost because it creates a sacred container for women, in a way that has been lost in our culture for too long now. It brings back the essence of red tent times, of times when women knew how to be with one another in our journeys. The rituals, conversations, and activities are all conducted in a very sacred way. There is a lot of space for internal connection and exploration as well as deep sharing and support. There is significant emphasis on women supporting women and powerful rituals that allow this to occur in an embodied way. It is an experiential retreat, where one experiences being held by other women, being seen and understood, engaging in deeply healing rituals and conversations that allow women to release old wounds and open to new life.

> I felt like it was a transcendent experience. Otherworldly. It was like a craving deep in my bones had been wholly satisfied.

Why does it work?
Aha, the mystery. The energy exchange between women that occurs in a sacred container? The power of ritual? The power of holding sacred space for each other's healing? The safety and permission? The acceptance and love? The sacred setting? It's a mixture of factors that come together to create transformation, both a science and an un-nameable thing.

How did you feel in it and after it?
At first I felt nervous, not knowing any women or what was about to happen. This is to be expected. It didn't take long for the experience to ease us and welcome us in. I felt like it was a transcendent experience. Otherworldly. It was like a craving deep in my bones had been wholly satisfied. I also had a deeply healing experience that created a sense of profound connection to myself, to other women, and to the ultimate sacred. It has represented a home-base for my experience of who I really am and what our human existence is really about.

Given the rise in consciousness around female empowerment in recent events, what need do you see Woman Within responding to? Do you see it growing?
I really imagine it growing, but I am always surprised by how few women know about the organization. More men know about ManKind Project than women know about Woman Within. I'm really not sure why. I find myself thinking that Woman Within created a powerful foundation for the rise of women we are seeing today. Perhaps, in an unseen way, they were part of making what we see now more possible. I see that they are evolving a bit with the times and adding new kinds of retreats. It will be interesting to see how it evolves.

> We have a lot of resources for any woman who wants to start a circle and can direct our list of interested women to anyone who wants to step up and coordinate, with guidance we'd be happy to provide.

What are E Circles? How do women continue this work together?
E Circles are groups of women who meet regularly after having attended a Woman Within weekend. After your retreat, the agency will connect you with other women in your area who either have an E Circle already operating that is open to new members, or they will connect you with other women who have attended the retreat and are looking to start a circle. More experienced women in your area will train your group to start your own, based on the powerful and amazing principles of the retreat. Some of these circles have been going on for many, many years. The circles contain a lot of ritual and communication elements that you engage in at the retreat, so the level of depth is profound, available, and supported by the tools the agency provides.

Briefly, do your current women's group and retreat designs incorporate Woman Within concepts?
In some respects. Since the women in my circles here have not been to the retreat, we are not an official E Circle and there isn't the essential foundation for some of the experiences that E Circles can engage in. But I do draw on my experiences in my own circles to open and close our group, and I personally try to use their tools as much as I can to guide the conversation throughout.

What is the status of the local network that is forming of women's circles?
We are assessing interest, gathering women, and figuring out how a network might come together. It is nascent, but clearly desired. We have a lot of resources for any woman who wants to start a circle and can direct our list of interested women to anyone who wants to step up and coordinate, with guidance we'd be happy to provide. So collecting women and responding to what arises is our current strategy.

The next, closest to Ann Arbor retreat is in Mt. St. Francis, Indiana, August 10–August 12, 2018. Registration is $725. More information can be found on the womanwithin.org calendar.

Woman Within.

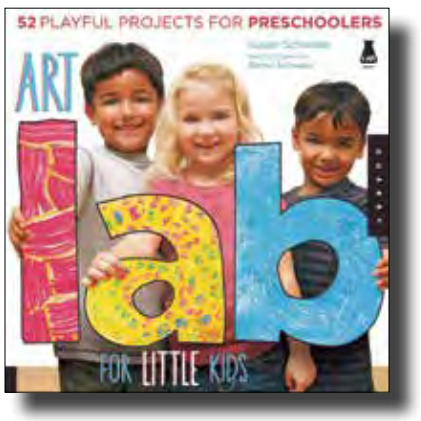
The Crazy Wisdom Kids Section

Book Reviews – Great Kids Books available at Crazy Wisdom in our Children's Section

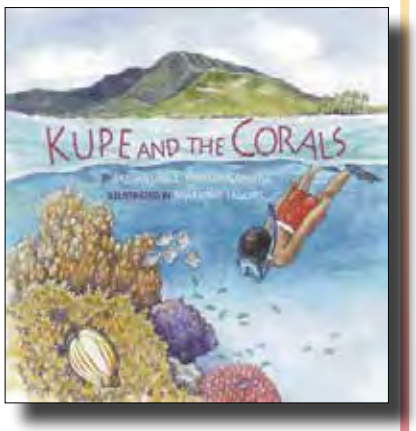
Crazy Wisdom Kids

By Waldorf parent Sarah Newland

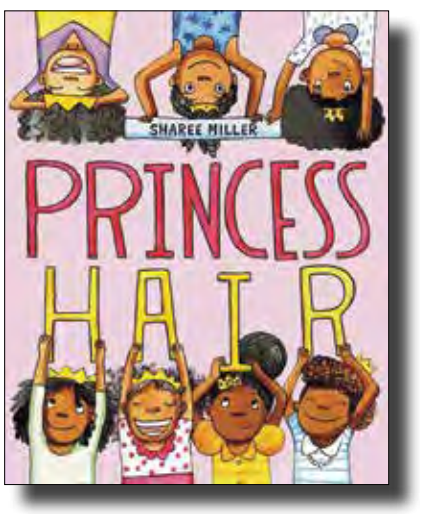
Art Lab for Little Kids: 52 Playful Projects for Preschoolers
By Susan Schwake
Geared toward the younger set – 3 to 6 year olds – but the lessons can be enjoyed by all ages. Packed with 52 fun and colorful exercises, this book offers parents and teachers a brand new source of creative art activities to inspire and enrich this wide-eyed and open-hearted age group. Activities range from drawing to painting to printmaking using materials such as balloons and lace. Kids will have sculptural fun making masks, vases, and mobiles and enjoy mixed-media projects using fabric, weaving, and collage.
$24.99



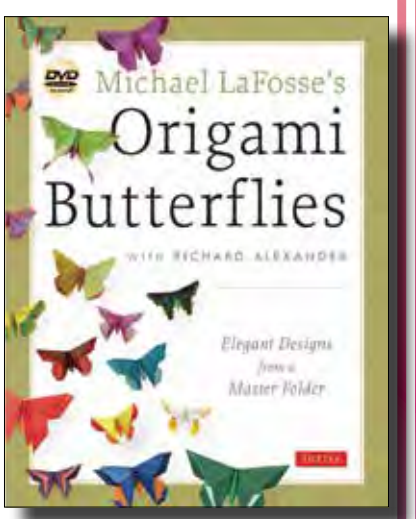
Kupe and the Corals
By Jacqueline Padilla-Gamino
Kupe is a young boy who undertakes an amazing voyage of discovery to learn about corals and the importance of coral reefs to all of the many animals that depend on them. One night while fishing with his father, Kupe observes an astonishing event – thousands of tiny bubbles rising to the surface of the waters in the lagoon near where he lives. Kupe is amazed by this sight and wants to learn more about the strange pink bubbles that he has captured in an old jam jar. Kupe visits with an elder from his village and a scientist from a nearby marine lab in an attempt to learn more.
$15.95



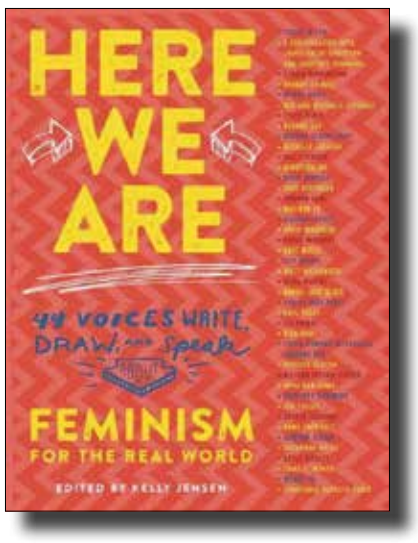
Princess Hair
By Sharee Miller
Celebrate different hair shapes, textures, and styles in this self-affirming picture book. From dreadlocks to blowouts to braids, this books shines a spotlight on the beauty and diversity of black hair, showing young readers that every kind of hair is princess hair. Debut author Sharee Miller encourages confidence and pride in this playful, colorful book that teaches readers to love every bit of themselves.
$17.99



Origami Butterflies: Elegant Designs from a Master Folder
By Michael LaFosse with Richard Alexander
World renowned origami artist Michael LaFosse shows you how to create 26 of his favorite original butterfly designs in this book with expertly drawn diagrams and clear instructions. Every butterfly is folded from a simple square – no scissors, tape or glue needed. By mixing and matching techniques, you will be able to fold a wide variety of origami butterflies and moths. Includes two cds.
$19.95



Here We Are: 44 Voices Write, Draw, and Speak about Feminism for the Real World
By Kelly Jensen, ed.
Have you ever wanted to be a superheroine? Create the perfect empowered playlist? Understand exactly what it means to be a feminist? 44 writers, dancers, actors, and artists contribute essays, lists, poems, comics, and illustrations about everything from body positivity, romance, gender identity, intersectionality, and the greatest girl friendships in fiction. They share diverse perspectives on and insights into what feminism means and what it looks like.
$16.95



Between Shades of Gray
By Ruta Sepetys
A knock comes at the door in the dead of night, and Lina's life changes in an instant. With her young brother and mother, she is hauled away by the Soviet secret police from her home in Lithuania and thrown into a cattle car en route to Siberia. Separated from her father, Lina secretly passes along clues in the form of drawings, hoping they will reach his prison camp. But will her letters, or her courage, be enough to reunite her family? A New York Times bestseller.
$9.99

You may purchase these books at shopcrazywisdom.com by either visiting the website or scanning the QR code above.

shopcrazywisdom.indielite.org/kids-reviews

Conscious Parenting

Race-Conscious Parenting: Using Mindfulness to Challenge Bias

By Grace Helms Kotre

Depending on our own racial identities and those of our families and friends, we may be more or less aware of racism in our daily lives, but it is a lived reality that affects every one of us.

As parents, we introduce the world to our children. We help them to sort "good" from "bad;" we teach them skills that will help them to thrive; we share our hopes to inspire them and our fears to protect them. We both consciously and unconsciously influence them with our beliefs, and whether we're aware of it or not, our culture does the same.

At six months old, babies can nonverbally categorize people by race. By age three, children express bias, play out power dynamics in social settings, and form in-groups and out-groups based on race. Although parents influence their children in many ways, research has shown that children's biases are *not* significantly related to those of their parents. Rather, social and cultural norms have the greatest influence on the way our children perceive others (Winkler, 2009).

Regardless of the values we've shared with our children, bias is one of the lessons they've already learned. We live in a society with a long history of injustice. Racism and white supremacy are still pervasive forces. Depending on our own racial identities and those of our families and friends, we may be more or less aware of racism in our daily lives, but it is a lived reality that affects every one of us. So, as parents, how do we challenge racial bias in our children?

> As with any overwhelming problem, we can start by addressing it here and now.

As with any overwhelming problem, we can start by addressing it here and now. The practice of bringing our attention to the present moment is called mindfulness. It is an ancient practice, originating from various contemplative traditions over thousands of years. Mindfulness is a universal skill that is accessible to people of all backgrounds, ages, and beliefs. Today, practitioners and teachers like myself share mindfulness with adults and children all over the world in a wide variety of settings.

Mindfulness practice has been shown to offer many benefits including improved attention, self-awareness, emotional balance, and compassion, as well as decreased stress and depression. Studies show that mindfulness is also a powerful tool for challenging racial bias (Lueke & Gibson, 2014, Kang, Gray, and Dovidio, 2014).

As a white person, privilege regularly obscures the reality of racism in my daily life. Racial bias favors people who look like me. Although we can challenge bias in ourselves and our children regardless of our racial identities, it is particularly critical for those of us who identify as white. Our unexamined bias combined with white privilege perpetuates the unjust power dynamics of racism.

> As a parent, I believe that it is my responsibility to challenge racial bias in my children as well as myself. Mindfulness helps me to do this more skillfully.

As a parent, I believe that it is my responsibility to challenge racial bias in my children as well as myself. Mindfulness helps me to do this more skillfully. Regardless of your experience with mindfulness, the following practices can help to increase your family's race consciousness:

1. Explore your own conditioning around race.

Mindfulness invites us to bring awareness to our inner experience in a deeper way. What thoughts, emotions, or body sensations are you noticing right now? (You can even pause your reading here and see what you notice.) When we focus our attention within, we become more aware of the ways we've been conditioned to think, feel, and act. In this way, mindfulness helps us to uncover long-buried biases and shift our habitual patterns of reacting in two important ways.

First, mindfulness can change our judgmental thought patterns. When we encounter a person from a particular racial background and are aware of our internal experience, we can challenge automatic thoughts or stereotypes. We can ask ourselves, "Where does this judgment come from?" or "What do I actually know about this person/group?" Mindfulness helps us to literally think new thoughts and consequently see with new eyes.

Second, mindfulness empowers us with choice about our actions. We start to notice where we've drawn divisions between "us" and "them" in our daily lives. How does our behavior tend to favor one racial group over another? We set the intention to notice these expressions of bias with an attitude of curiosity and compassion. This approach prevents us from getting stuck in self-judgment, denial, or apathy, and helps us to use what we're learning to create new patterns of interacting.

2. Acknowledge race and racism with your children.

We can bring mindfulness into everyday interactions with our children by pointing out what we notice about the present moment and encouraging them to do the same. When it comes to challenging bias, we can use mindfulness to bring awareness to the realities of racial diversity and injustice in our daily lives.

With younger children, we directly point out racial diversity. There are countless opportunities to initiate these conversations — for example, when reading a book or watching T.V., "I notice that the main character has brownish skin and her friend has tannish skin." This may seem counterintuitive since many of us have been taught the "colorblind approach," that the best way to handle racial diversity is to ignore it. Ironically, the colorblind approach has actually been shown to increase racial bias (Richeson & Nussbaum, 2004). When we ignore race, or shush our children's own observations of race, they are left to draw their own conclusions from outside influences.

> When we ignore race, or shush our children's own observations of race, they are left to draw their own conclusions from outside influences.

With older children, we point out evidence of racism and white supremacy when we see it — in person, in books or movies, in the news, or elsewhere. Whether we experience racism directly or indirectly, we can share it in a developmentally-appropriate way. If we don't say anything due to our own discomfort, our silence may signal complicity. Even if we aren't sure how to best handle the situation, we can point out what we observe and feel. This modeling empowers our children to explore questions about race themselves without fear of getting it wrong. We can also open conversations about the historical roots of racism. If this feels like a challenge, find some age-appropriate books, movies, or local events on race to help you and your child learn together. (See www.raceconscious.org/2016/06/100-race-conscious-things-to-say-to-your-child-to-advance-racial-justice/.)

Unconscious bias is just one way that racism presents in our lives. It's also pervasive in our relationships, cultural practices, laws, and institutions. Although racism and white supremacy must be challenged on all of these levels, challenging bias within ourselves and our own children is a powerful first step. With mindfulness, we can begin to wake up to how bias affects our thoughts and actions and support our children in their exploration of the same.

Grace Helms Kotre, M.S.W., is a certified mindfulness instructor and the founder of Power to Be, L.L.C. She shares mindfulness as a tool for empowerment with youth and adults in schools, nonprofit organizations, businesses, and in private family settings. She has been practicing mindfulness and meditation since 2009 and has additional training in the areas of mindful parenting, non-violent communication, and racial justice. You can reach her at Grace@mindfulpowertobe.com or visit her website: www.mindfulpowertobe.com.

RAISING RACE CONSCIOUS CHILDREN

Raising Musical Kids

By Kendra Theriot

Musical Musings ~ A Peek Under the Roof of a Musical Household

It was clear to me that our family was "different" when it was the Ohio Michigan game, and instead of tailgating, we were all home watching a documentary of the history of jazz in America. At intermission, our dog ran figure eights around the multiple music stands and instruments that were scattered about the living room floor. Why the living room, you ask? There is no basement in our house. We like to think that by allowing kids to play in wide open spaces, it makes the whole house vibrate to some higher frequency.

We like to think that by allowing kids to play in wide open spaces, it makes the whole house vibrate to some higher frequency.

It's a dead giveaway you are in a musical household when the most popular cutting board in the kitchen is a "Chopin board." Or when a friend comes over for tea, the odds of them getting a mug with a keyboard or a treble cleft on it are greater than four to one. At Christmas time, instrument shaped ornaments dominate the tree. Halloween one year we gave out toy kazoos. In case you are curious, you can find these and other music themed gifts at Kings Keyboard, just ask my husband. Last year he did all the holiday shopping right there in their giftshop!

When the kids' grandparents and cousins call us, they will automatically start to guess which instruments they hear being practiced in the background. At any given moment, it could be an oboe, French horn, piano, ukelele, or guitar. However, when the band is jamming or the woodwind sextet is rehearsing, the options multiply. The sign which hangs on the wall above my daughter's bed reads "Music is My Life." You could say this is true for both of our teenagers.

Last year we attended 22 musical performances and our kids performed an equal number of times at a range of venues. UMS performances have $10 student tickets and Kerrytown Concert House has $5 student tickets, making Ann Arbor a great, if not busy, place to raise musical children.

The irony here is that neither my husband nor I have any musicians in our families. With the exception of a couple years of piano lessons, neither of us was raised in musical households. The fact that our son and particularly our daughter happen to be passionate about music is an anomaly and has made for some memorable parenting adventures.

After years of working from home and hearing live music in the house, I think nothing about greeting people at the front door wearing my unplugged noise cancelling headphones. My husband and I take conference calls in the garage or on walks around the neighborhood, or even in our cars. Hitting mute on my phone as our daughter comes home is a reflex that has gotten faster (horn warm-ups approximate a fire engine siren). Clients are too polite to comment. While we have learned to accommodate varying noise levels in our household, we finally had to put our foot down about music practicing before 7:00 a.m. or after 10:00 p.m. Perhaps some readers can relate.

I thought for sure we would win the prize for one of the most unusual Amazon packages delivered when the French horn backpack arrived. It is one of the most awkward looking cases I think I have ever purchased. We also have an airport carry-on approved version.

It's a dead giveaway you are in a musical household when the most popular cutting board in the kitchen is a "Chopin board."

On the subject of musical hygiene, I will never forget the morning I woke up to find a French horn resting peacefully in the tub after its first bath; the long coiled snake brush used to clean it draped over the shower head. Charming. While baseball players take pride in a well-oiled pigskin mitt, we oil horn valves in our house. I make it a daily ritual when children go away to summer camp. And when someone forgets to oil the valves, they seize up and we go see the local horn doctor, Steve Mumford, renowned for for his ability to cure all things brass and wind — horn, sax, tuba, and trumpet. The oboe healer is Ko in Plymouth.

Kaye Hoff performing at the Ann Arbor Art Fair 2017

CMSa2's teen-led creative composers ensemble Ology performs at Mark's Carts

As a non-musical mom, I have learned a lot about musical accessories. For starters, there is this blue plastic thing resembling a lotto ball dispenser that our daughter blows into everyday to increase her lung capacity. She must bring it to every lesson or she has to use "Timothy," the community extra. As a horn student advances, they are awarded brightly colored toy pinwheels on straws to help speed up double-tongueing. To help keep up her chops on extended camping trips, my daughter was advised to bring her extra horn mouthpiece on trail to buzz into daily. It might have scared the animals, but talk about dedication.

Just like athletes, we learned that musicians can sustain repetitive stress injuries, like trigger fingers. Thankfully, local hand specialists like Dr. Handkin are there to diagnose causes of joint pain and recommend therapy exercises. If your musical child also plays sports, watch out for jammed fingers on the basketball court. Be sensitive to the fact that private lesson music teachers work hard to accommodate busy student schedules. If you have to miss lessons for sports, they may ask you to double down later.

After years of working from home and hearing live music in the house, I think nothing about greeting people at the front door wearing my unplugged noise cancelling headphones.

In middle school and high school, many kids borrow instruments for free, but the contract you sign is like a rental car agreement where if you don't opt in for the damage insurance, you're signing your life away.

When it comes time to acquire an instrument, there are nifty little "blue books" for used pianos to help you negotiate trade-ins with Jim King at King's Keyboards. And if you have an aspiring woodwind player, there is an oboe fairy out in Phoenix that has the best selection of used oboes. Sadly, there was no horn fairy when we were in the market. Music Go Round sells some used instruments and Shar Music has all the strings covered from what others tell me. Our kids' school didn't have any horns or enough oboes to lend, so we had to dip into the college savings. No matter how you look at it, it is an investment.

From a practical standpoint, minivans rule when it comes to band transport. Since my daughter decided to start a band, I have mastered the art of packing it with keyboards and amps, cellos and violins, plus the band members. (For thrills, I trade cars with a friend's Mini-Cooper to remember what it feels like to actually drive for fun.)

It amuses me that my kids have preset radio stations in the minivan to classical or jazz stations and most of the CDs are their friends' recordings or purchases from performers at The Ark or Kerrytown Concert House. We have to override what's popular for the occasional pop station.

For our daughter's first Allstate audition (7th grade), we didn't have the horn audition music. It wasn't available on Amazon and no music store in the Ann Arbor area seemed to have it. It never occurred to us that "borrowing a copy" from another horn player would be a "no-no," so we went to the audition. We ended up driving out to Allen Park to get the only remaining copy of the horn music and a sympathetic band director let us reschedule the audition. When by some miracle our daughter made it into Allstate that year, we waited too long to get a discounted hotel room in Grand Rapids in the DeVos complex. Call immediately if your child gets in to Allstate. If you're incredibly well organized, it's a fun way to spend a long weekend in January.

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The language and culture surrounding music is not easy to learn, even for a French major. I'm still figuring out what exactly *embouchure* and *aperture* are, but I can pronounce them. After years of going to Picnic Pops and Bands in Review, I understand the distinctions between the public high schools' Varsity, Concert, and Symphony Bands. Watching marching drills at band camp taught me high step vs. glidestep. The Drum Majors wear the tall white hats on the field, but I'm still a little fuzzy on how Drum Major candidates get selected. I know "Sectionals" are not referring to Art Van couches, and "Master Classes" are like gifts from the universe that you do not ever want to miss, even the ones on Sunday mornings. Most importantly, I know when to clap in a jazz performance.

All in, alongside the learning curve, our lives have been positively enriched by the music our children have brought into our lives and the friends we have made. We have traveled this journey for ten years. For us as parents, our proudest moments are when we see the look of joy on our children's faces after a strong performance. Ann Arbor has been a wonderful place to raise musical children and we wouldn't trade it for a thing.

Continued on page 74

Raising Musical Kids

Continued from page 73

Classically Trained ~ Thoughts on the Ann Arbor Youth Ensemble Scene

Students at Neutral Zone's music video camp 2017 composing at beat making stations

A Selection of Quotes from Music Students

We have all read articles touting the positive effects of music on brain development, and seen the studies that show music can improve test scores and academic performance in children. What isn't written about so much are the social and emotional benefits of music.

Last spring I heard Aaron Dworkin, violinist and former Dean of the U-M School of Music, Theater & Dance, speak at a leadership workshop at Zingerman's Roadhouse. He expressed the best part of playing in a group/ensemble as a child was that he felt like he was 'included' for the first time in his life. Prior to this, he didn't know anyone else like him and he lacked a sense of 'belonging.' He inspired me to investigate further. I wanted to hear from Ann Arbor students and teachers about their experience playing music in collaboration with others and what it means to them.

"Playing with a group helps me get in tune with my emotions. It really is the ultimate form of self expression." **–High school flute player, Pitch Benders**

"For me, sports have never been an option due to some serious health issues I faced in my life. Fortunately, I have been able to put all of my time and energy into playing my clarinet and started playing with an ensemble right from the beginning (5th grade). In addition to hearing the sounds of other instruments, what I value most about ensemble playing are the friendships and companionship it offers. It can be challenging when we are not all at the same level, but it generally works out. I feel motivated to practice harder when I'm surrounded by better musicians." **–Xander Salsitz, jazz clarinet player, member of MSU Youth Ensemble in Detroit, Community Music School of Ann Arbor (CMSa2) Jazz Ensemble, 8th grader at Tappan**

"The feeling of playing together is so great — I was in the groove, dancing around playing my trombone, I got lost in the music and my thoughts vanished, I could feel us all rising up together in that moment — what a feeling!" **–CMSa2 Brass Ensemble trombone player, age 11**

"Since I joined this Brandenburg Project at CMSa2 over four years ago, I have fallen in love with the Baroque style of music because it allows us to be creative and lends itself to interpretation. Unlike his contemporaries, Bach didn't prescribe the phrasing or the articulations in his concertos, so we have the opportunity to make it our own. As a classically trained cellist I'm really learning to think outside the box — it is so different from what I am used to.

"Our coach Kasia is there to listen and help us if we ask, but during rehearsals we run the show. Plus, I enjoy the wide diversity in our ensemble group — we all have respect for one another. We really have to pay attention and listen and communicate clearly with and without words. I don't think I will ever outgrow this — it's really cool." **–Tomas Ridley, cellist and viol da gamba player, 2017 Blue Lake International participant, 10th grader at Community High**

"This year I think I maximized the music playing opportunities in Ann Arbor for a high school student. I play jazz piano in a combo at Community High and French horn in Symphony Band at Pioneer. On Sundays, I play with Michigan Youth Symphony Orchestra. It's great being around so many talented musicians. In jazz, it's about being aware and conscious about when and what you play. Improvising is harder than it looks! In Symphony Band, it's all about the sections, what role do they play. I love my horn section — we have all these inside jokes which made Marching Band so much fun this year. When it comes to performing, I used to get so nervous before a piano recital, but now performing is all about connecting with the audience." **– Ellie Theriot, 10th grader at Community and Pioneer, French horn player, jazz and classical pianist, and my original source of inspiration for this article**

A Selection of Teachers and Opportunities

When I realized how much these teens were getting out of their musical experience, the next logical step was to talk to some of the people running these programs and organizations. So I sought out a few of the experts who teach and support teens and collaborative music in Ann Arbor. I realized there are some very innovative programs out there and likely many more to discover. It is by no means a complete list of programs or teachers.

Jack Wagner, Community High School Jazz Director

Jack loves all aspects of jazz, and when we talked, he said he teaches high school because he believes "early engagement is key and creativity is inherent in all kids." Jack says that people become more rigid as they age, so getting exposure to jazz early is key. When it comes right down to it, "Great improvisers are the result of working so hard in the background. One can manipulate only that which is in their possession." In the Jazz Program that means learning and mastering the nuts and bolts — it requires dedication and discipline. He wants to embed *"the trust, the adaptability, the desire to be your best in these students,"* while they are still adolescents so that they can take this into ther adult lives. In a combo, each kid is 20 percent of the band, and has a distinct responsibility to be their own best and be a member of the team. One of my takeaways from talking with Jack is that whether or not a student continues jazz studies beyond high school, the skills and values required in this program, including the ability to improvise with confidence, are the keys to success in life. CHS Jazz (communityhighjazz.ericwagner.net/) is a top notch high school jazz program, and in 2017, Tempus Fugit, a Jazz 4 combo won *The DownBeat Magazine* Student Music Awards in the High School Combo Contest. Students entering any AAPS high school with one to two years of music experience are welcome to audition for Jazz at CHS.

Kasia Bielak-Hoops, Community Music School of Ann Arbor Executive Director, Cello Performer and Teacher

A cellist by profession, and an entrepreneur, Kasia took the helm of CMSa2 (www.cmsa2.org/) about five years ago. Formerly known as Ann Arbor School of Performing Arts, CMSa2 is an independent nonprofit arts organization with a mission to make music accessible to people of all ages and backgrounds. In addition to making private music lessons affordable for AAPS students through a scholarship program called COMP (Cooperative Outreach Music Program, www.cmsa2.org/impact/comp/), CMSa2 organizes several small conductorless ensembles in a range of genres. "Our approach to working with teens is unique in that it is youth led and inquiry based. We provide a platform (place and time structure) and a qualified musician coach for each of our small ensembles for our youth to discover the power of collaborative music," she explained. Currently participants are late elementary, middle school, and early high school students, and draw from all Ann Arbor and neighboring school districts. Community programs like this offer students a chance to experiment with collaboration and explore different genres in a safe and stimulating environment. CMSa2 is auditioning and welcoming new students on an ongoing basis.

Beatrice Ellis, President of the Ann Arbor Area Piano Teachers Guild and Founder of Summer Piano Ensemble Camp

I came to know and appreciate Beatrice when my daughter participated in her week-long Summer Piano Ensemble camps (www.a2pianoteachers.com). The camp targets piano players in grades 5-8 and its purpose was to reframe the piano as a collaborative tool versus a solo instrument. She introduced the campers to piano repertoire using four or six or eight hands and multiple pianos. Pianists also learned to accompany strings, brass, and woodwinds. "Collaboration teaches people to listen differently: to stop focusing on themselves, and listen to each other, opening up a new social dimension of playing music at a developmentally appropriate time," Beatrice explained. At the end of the week, students celebrate their progress in front of a friendly audience; each duet or trio plays through wherever they are — some more polished than others. In turn, students discover that it is safe to "take a risk" in music. Now in its fourth year, the camp has been a successful collaborative venture.

Supernova band performing at Rudolf Steiner lower school 2016

Kelly McDermott, Professional Flute Performer and Private Lesson Studio Teacher
Kelly brings a holistic approach to teaching flute in her studio and supporting her adolescent aged students. She asks questions like "What would make you want to practice?" as a way to build self awareness and self discipline. One of the skills she focuses on with her students is the ability to make beautiful sound. She posits that musical performances can heal what is ailing in our community. To this end, she arranges for students to perform in senior homes, churches, and art galleries. She likes to work in partnership with outreach programs. This past year, her studio students formed an ensemble named The Pitch Benders (find their story on Youtube) with a mission to increase awareness of teen mental health and support peer-to-peer outreach. They are recording a CD, the proceeds of which will support U-M Depression Center teen outreach programs in middle and high schools. It struck me as an excellent example of student outreach in action — teens playing music to support and heal each other.

Tammy Kosinski, Professional French Horn Performer and Private Lesson Teacher
Tammy has been our daughter's French horn teacher and mentor for the past two years. In her Studio Handbook, Tammy sums it up best when she says: "Ensembles teach students many things they cannot learn from normal lessons or band class. They learn how to be stronger individual players as well as learning to tune/blend with other people. This is also a great opportunity to learn how to work well with other people. I feel the ensemble classes are some of the best opportunities I can offer my students." At Tammy's studio recitals, almost all of her students play horn solos in addition to playing with trios and quartets. Students (both current and former) say that Tammy is one of the most supportive teachers they have ever had, especially when it comes to thinking about their horn careers beyond high school.

Jeannette Faber, Private Lesson Piano Teacher
Jeanette has been our children's piano teacher and trusted confidant for the past nine years. Each year, Jeannette has a conversation with each student to understand their goals. When a student indicates they are ready for a bigger challenge, she helps them prepare for a regional musical assessment such as Student Achievement Testing or SAT, whereby students of all ages and levels perform and receive direct written feedback on technique, theory, sight reading, and aural awareness from judges. Jeannette also hosts studio classes (informal recitals) in her home to help prepare younger students for the bi-annual recitals she hosts at Kerrytown Concert House. She believes in exposing students early to ensemble playing, and it is common to see duets or trios (with siblings or parents) at her recitals. Regardless of age, Jeannette says "performing with others can take some of the stress out of the whole experience."

Charlie Reischl, Director of Music Programs, The Neutral Zone
Charlie was a coach our daughter had as part of a Creative Composers Ensemble offered by the CMSa2. Now as Director of Music at the Neutral Zone (neutral-zone.org), he is in charge of the in-house recording studio, a Youth Owned Records label, and a performance venue called the B-Side. This year Charlie worked with Community High School to design a Community Resource class called "Artist Management" to help students follow through on music entrepreneurship efforts. The Neutral Zone is a mecca for high schoolers and youth-driven initiatives right in the heart of downtown Ann Arbor. It is the arguably the best place for Ann Arbor area youth to lead, innovate, and collaborate in a range of creative pursuits. If you haven't checked it out, it is well worth your time.

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Raising Musical Kids

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Reflections on the Power of Music as Support and Healing for Teenagers

Being a mindful parent of teenagers can be a challenge these days. Reports say younger children are now subject to some of the same academic and social pressures as their high school counterparts. In recent months, our local community has grieved a number of teen and young adult deaths linked to depression and anxiety, and it's a serious concern for the future. What role, I wondered, can music play in improving the social lives and emotional health of our children?

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"Houston We Have A Problem" band performing at Live On Washington 2017

Experts say it's increasingly important for adolescents to have adults in their lives that they trust and can turn to when life tosses them a curve ball. Many of the private lesson teachers I spoke with commented on this trend. They said that if one of their students is stressed out or upset with a friend, they will often hear about it during their weekly lessons. It is especially true of long-term students with whom they have formed a friendship and mentorship.

When I look back at our daughter's experience, having the same piano teacher for the past nine years has been invaluable. She turned to her piano teacher for counsel when playing two instruments plus sports started to feel overwhelming. A few years later when the classical piano music got more difficult and started taking too much time to master, she was comfortable asking her teacher to find a more manageable repertoire. There were a few times in middle school when our daughter showed up for lessons and didn't even play music. Their connection runs deep. This relationship is special. Even though my husband and I were there to support her, it was important for Ellie to have someone else to confide in.

They feel they belong and that they are making a statement together.

As I learned talking to local students, while some kids figure out early on they want to be soloists, for many it's about being part of a group. Ensemble playing can extend a kid's interest in the pursuit of music and adds an important social component that kids really like as they hit adolescence. They feel they belong and that they are making a statement together.

When our daughter was in 7th grade, she signed up for a Creative Composers Ensemble, and for the first time played some arrangements of popular music on the piano. A light bulb went off, and she asked a few friends to form a band. They started rehearsing popular music (in our living room, of course), got invited to play a few paid gigs, and a year later participated in Battle of the Bands at The Neutral Zone last spring.

Teens have the power to heal each other through the music they create together.

Right around that time, she was asked to play piano accompaniment for a song written by high schooler recording her first CD at The Neutral Zone. It was a thrill for Ellie to be part of this collaborative recording effort. She started playing the CD everywhere and quickly memorized the rich lyrics. Then just a few weeks later, in May, our neighbor (another high school freshman) took his life. In the aftermath of this event, it was Kaye Hoff's CD — her original music — *The Stuff in My Head* — compassionate songs about common teen identity struggles and upbeat tunes reminding us to let our worries go — that provided solace to our daughter and to all of us during the days and weeks that followed. Ellie recalls crying on her horn teacher's shoulder during a lesson she had scheduled the day after the tragedy occurred.

Music can offer solace at times when words fail. It is a healthy alternative to social media for teens seeking ways to express themselves. The timing of Kaye's CD release brought this home for me. Teens have the power to heal each other through the music they create together.

A trio plays at Glacier Hills retirement home 2016

Music is always there for teens, and it doesn't fight back. Several students interviewed said there were many times when they would come home after a rough day at school and pick up their instrument and play a familiar melody to help them unwind or process their frustrations. For our daughter, it was her way of letting off steam, and bringing herself back into equilibrium.

Music is always there for teens, and it doesn't fight back.

I have come away from this inquiry with a much deeper appreciation for the wisdom of the teenagers in our midst. Their powerful voices are ones we need to hear more often. Music, of course, is just one path of self expression. When they sing and perform, recite poetry or act on stage, we are witnessing healing in action. As a parent who isn't particularly musically inclined, I am grateful for the band directors and the teachers who dedicate their lives to making this creative art come alive in our kids. Teachers collaborating with each other sets an example for the youth they teach.

My advice to parents of younger children with an interest in music is that you keep an open mind. Support their musical exploration and help them figure out which of the many different pathways works for all of you. The discipline it requires is a good life skill regardless of whether they continue, but it also is an avenue for creativity. As we discovered, you never know where the exposure to music will lead.

To all readers, consider making time to attend concerts and performances by the artists that come to town as a result of the the outreach efforts of organizations like UMS, Kerrytown Concert House, and The Ark. Show your kids that Ann Arbor is so much more than a football town.

Kendra Theriot is a parent of two teenagers and has lived in Ann Arbor since 2006. Her professional background includes 16 years in the investment industry and 5 years at an innovation consulting firm in Ann Arbor. Her passions include exploring Detroit, mountain biking, and yoga.

Youth venue and performance highlights around Ann Arbor

The B-Side

4th Street Co-op

Avalon Café and Bakery

Kerrytown Concert House

Crazy Wisdom Bookstore and Tea Room

CHS Jazz Blowout at The Ark

Bands in Review concerts featuring AAPS middle and high school bands

Picnic Pops featuring all AAPS middle and high school bands

Ann Arbor has many full-time music teachers. There is no one website where they are all listed. Many can be found by asking school band or orchestra directors for referrals. Here also are four highly recommended resources.

For strings teachers
Shar music,
www.sharmusic.com

For all types of musical instruments
Community Music School of Ann Arbor,
www.aa-spa.org/people/faculty/

For piano teachers
Ann Arbor Area Piano Teachers Guild,
www.a2pianoteachers.com/about-us/find-a-teacher/

For Suzuki Method teachers
Ann Arbor Suzuki Institute of Music,
sites.google.com/site/suzukiannarbor/faculty

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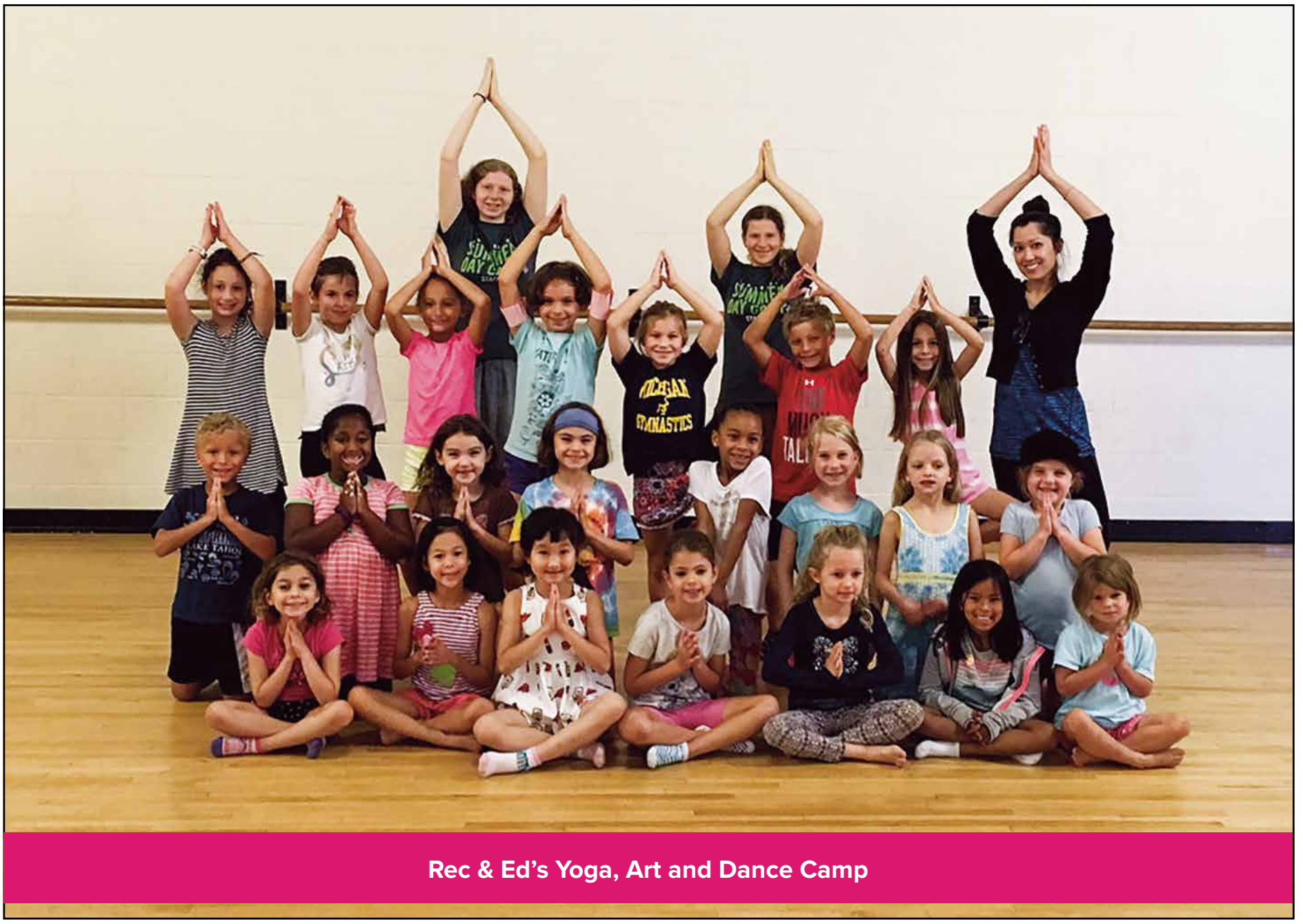
Crazy Wisdom Kids in the Community

By Laura K. Cowan

Spring & Summer Fun for Artistic Little Ones
Moving Meditation for Little Yogis



Rec & Ed's Yoga, Art and Dance Camp

Kids and summer go together like picnics and watermelons, and often, activities are nonstop fun without any way to wind down. Ann Arbor has dozens of great summer camp options, including sports and art camps. I thought for this year's spring and summer plans, I would check out opportunities that bring these pursuits together and involve peaceful mind-body learning. One such camp I love teaches kids how to relax and combines arts and yoga in one week of peaceful fun: Rec & Ed's Yoga, Art and Dance Camp. While I could tell you about Rec & Ed's many great camps, this one really is top of my list.

My eight-year-old daughter has attended this camp twice in the past few years and looks forward to both the friendships and the learning. Plus, this crafty little kid who is non-stop art projects and no sleep all summer comes home from Yoga, Art and Dance Camp looking forward to a nightly calm-down routine of yoga postures and relaxed breathing. She's even taught me a few new poses over the years. The

positive effect this camp has had on her mood and confidence, even as a young elementary school student, has been extraordinary. This camp combines peaceful exercise and creative activities for kids in grades kindergarten through fourth grade, and every year there is something new to do for kids who return.

Victoria Cendrowski is Ann Arbor Rec & Ed's Fitness & Yoga Program Director and oversees the Yoga, Art and Dance Camp, which has at least one session per summer for 22 kids at the Cultural Arts Building (CAB) in the Burns Park neighborhood. Cendrowski has been a long-time teacher on the Ann Arbor yoga scene, is well known for her CAB morning yoga classes, and has taught with Rec & Ed since 1990. In short, she is the perfect person to be in charge of this program to assure that kids are getting the most they can out of a summer yoga camp experience. I caught up with her during the busy season of planning for summer camp registration to ask about what's new this year and why kids keep coming back to this camp every year. She spoke with me, and in turn connected me with experienced yoga instructor JT Quon, who leads the yoga camp for little ones and told me more about the activities kids love most.

It's a lot of stop, check in, place the hands on the heart, close the eyes, and listen to their breath.

Quon tells us:

> The kids have really loved doing yoga outside in a mandala circle form, as well as playing yoga games. The most popular yoga games are yoga freeze tag and elevator. The students also enjoy the collage art project, as well as each new folk art or culture art project, such as sumi-e ink wash painting and creating a garland. Many students have expressed that they like learning the history and meaning behind the culture and folk art projects as well.

Last year, activities included drawing full-size outlines of the kids' bodies on paper and Quon teaching them where to fill in the organ systems, and creating flipbooks of yoga poses the kids illustrated themselves. Activities are interspersed with yoga instruction, so there's always something fun to do next.

This year, several things are new. "Regarding yoga and dance, we will do some partner work as well as try some new games," Quon said, adding:

> As for art, the projects are always new since the materials always change. For example, we painted on a map one year that was inspired by African folk painters, and another year we did action painting on a large sheet that was inspired by Jackson Pollock. The culture and folk projects are different each year, and have not been repeated yet! Through the lens of art, students are learning about other cultures and engaging in culture appreciation.

So how do you teach mindfulness to a room full of elementary school students? On summer break, no less? One thing I've noticed from visiting this camp is that kids are often extremely well-behaved, and seem to be on board keeping the classes peaceful and fun.

Quon explained that teaching mindfulness to a large group of young students may sound challenging, but it's how you teach it — small, guided segments of slowing down between fun, energetic segments. This switching helps to develop their own regulation of checking in and being aware. Students scan their body to check and learn about how they feel, which is followed by focusing on their breath. Students engage in a few breathing exercises and a few poses, and check to see what they are feeling in each pose. They begin to engage in body awareness and bring the focus on what they are feeling. It's a lot of stop, check in, place the hands on the heart, close the eyes, and listen to their breath.

If like attracts like, this camp attracts budding little yogis, though a lot of credit for its appeal goes to the structure of the camp itself and its experienced yoga instructors. No previous experience with yoga is required for kids getting started. The class teaches to the beginner level, while offering further enrichment for kids who have already learned some yoga poses in previous years.

The camp often has two sessions, Cendrowski tells us. This summer, space is limited due to the fact that only one session is planned, but the camp is followed by a new Zumba camp for kids. Rec & Ed has been offering after-school Zumba Kids for several years, so now this will be the first Zumba summer camp. This is another great option for kids who love to move even more or have tried the new Zumba after-school classes in the past and would like to continue into the summer.

There are no before and after-care options for half-day camps like Yoga and Zumba. Other full-day camps offer before and after-care on top of camp time and include more games and projects. The days at Yoga camp also include some free time at a local playground with camp supervision, which adds to the relaxed summer flavor of the activities. All Rec & Ed camps are allergy safe, and snacks at Yoga camp are often enjoyed outdoors in the sunshine. My daughter has met new friends at camp and scheduled several playdates for later in the summer. Rec & Ed offers many multi-faceted summer camp options for kids like this one, so check out their full camp catalog to see even more great choices for summer enrichment.

Registration for Ann Arbor Rec & Ed summer camps began on February 20. An online catalog with rates and scheduling information is available at www.aareced.com. For more information, call Ann Arbor Rec & Ed at (734) 994-2300.

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Crazy Wisdom Kids in the Community

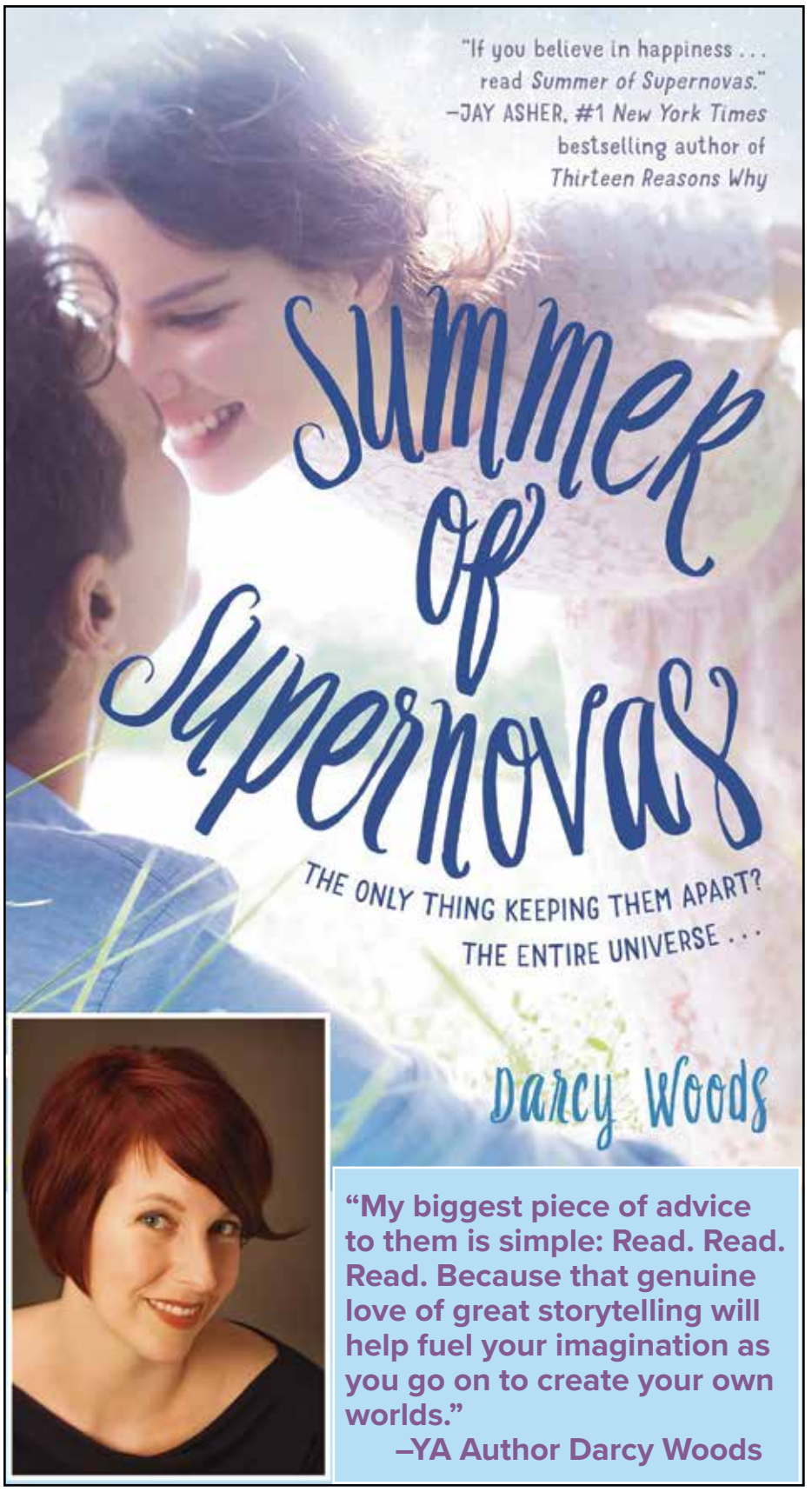
Continued from page 79

YA Authors Provide an Inside Peek at the Kerrytown Bookfest

According to a recent study by Amazon, Ann Arbor is known for being one of the most well-read cities in America, and I wouldn't have it any other way. What delights me most about this is that I am not alone in my literary geekiness. I myself am an indie author, book and magazine editor, and former English and Russian language and literature grad from the University of Michigan.

I first took my daughter to the Kerrytown Bookfest when the festival was nearly new, and she was still in a stroller. She positively drooled...

To celebrate this fabulous bookish culture in a city filled to the brim with public and university libraries and booksellers peppered all over downtown (Have you *tried* to get David Sedaris tickets? You could get virtually trampled in this town), the Kerrytown Bookfest has provided my fellow readers and me with an outstanding event for the last fifteen years. Bringing together booksellers, local authors, printmakers, and other exhibitors for book signings, panels, sales, and activities, the Kerrytown Bookfest is a unique Midwestern literary destination held at the Kerrytown Farmers' Market. Best of all, there's a ton of stuff for kids, from the tiniest ones to teens. We're all a kid in a candy store around great books around here, but there are some truly cool offerings every year for every age.



"My biggest piece of advice to them is simple: Read. Read. Read. Because that genuine love of great storytelling will help fuel your imagination as you go on to create your own worlds."
–YA Author Darcy Woods

I first took my daughter to the Kerrytown Bookfest when the festival was nearly new, and she was still in a stroller. She positively drooled (well, I took it to be about the books) over a copy of the Maurice Sendak illustrated classic *A Hole Is To Dig* that I bought for her to carry through the market while we browsed. The book was a classic in my childhood, anyway, and was part of the reason I fell in love with words and all the creative, delightful ways we use them with children.

We found old copies of Nancy Drew. We browsed the hand-bound leather notebooks and decorative papers for sale. I tried to take her to a talk on the power of the written word, but she was young enough to laugh when we were all supposed to nod thoughtfully, so we pushed on.

Previous exhibitors at the Kerrytown Bookfest have included the Cakeasaurus Prints Picture Book designs, which tell the story of a cake-eating monster, and Ephemeral Books' handmade, bound journals with whimsical cover art. Jim Horton showed off wood engraving materials and how books can be illustrated. Last year, Laurel Moon Jewelry brought copper pendants with etched designs of antique book artwork, and Popular Designs Handmade showed off their eco-friendly paper products made out of repurposed maps and comics. Fairy Door creator Jonathan Wright of Urban Fairies Operations was there with his ethereal illustrations, and Wild Pages showed off their sketchbooks and writers' journals designed with inspiration from Lake Superior and the North Woods. Several organizations also attended to promote reading and writing programs for kids, or to help kids connect with favorite authors. We also enjoyed the Mother Goose storytelling hour.

This year's Kerrytown Bookfest will be September 9, from 10:30 a.m. to 5:00 p.m. According to Bookfest president Lynn Pellerito Riehl, the author panels and schedule are often in flux until last-minute finalization, but you can plan your visit later in the summer as the festival schedule is updated on their website. Riehl did provide a list of children's and young adult authors already confirmed. Here are a few for this year's Bookfest, many of whom call Michigan home.

Picture Book Authors and Illustrators
Deb Diesen — *Hello Fall, The Pout-Pout Fish and the Can't Sleep Blues*
Kelly DiPucchio — *Super Manny Cleans Up*
Leslie Helakoski — *Ready or Not Woolbur Goes to School*
Wong Herbert Yee — *Hammy and Gerbee, Mouse and Mole Series*
Amy Young — *A Unicorn Named Sparkle*

Middle Grade Novelists
Ruth Behar — *Lucky Broken Girl*
Jack Cheng — *See You in the Cosmos*
Shutta Crum — *William and the Witch's Riddle*
Jean Alicia Elster — *The Colored Car*

Science-Based Middle Grade Graphic Novels
Anne Drozd — *Science Comics: Rockets: Defying Gravity*
Jerzy Drozd — *Science Comics: Rockets: Defying Gravity*
Jim Ottaviani — *Primates: The Fearless Science of Jane Goodall, Dian Fossey and Biruté Galdikas*

Young Adult Authors
Caleb Roehrig — *White Rabbit*

This year, my family is hoping for some old favorites, as well as looking forward to newcomers on the scene, especially in the middle grade or young adult (YA) genre since the kid isn't so stroller-tiny anymore. That is one thing I look forward to about the Kerrytown Bookfest: the focus on not just kid's books but also young adult literature. I'm not sure my daughter will be quite ready for Caleb Roehrig's LGBTQ YA thrillers (though it might be just the thing for yours this year), but I'm pretty sure she'll love the middle grade graphic novels coming to the festival. The nice thing about YA in particular, though, is that it appeals to a wide age range and also comes in many flavors these days, including books on everything from magically inclined kids fighting the forces of evil, to forming relationships or dealing with real-life issues.

Last year's "YA Authors from Michigan" panel included local authors Erica Chapman, Kristin Bartley Lenz, and Darcy Woods. I went to these authors to get their inside view of this popular event, and to see if they would drop any hints about plans for returning to this year's Bookfest.

Author Erica Chapman has a new project coming out that is a contemporary novel inspired by the #metoo movement. She said:

> My favorite part of the event is meeting readers and book lovers. They are the reason we write, so getting to see them in person is such a treat. Most of the time writers are in our chairs, laptop in front of us, staring at a screen. I also enjoy having friends on the panel with me…. Each of us bring a unique viewpoint and with me, I like getting the topic of teen suicide in the forefront of the conversation. I think awareness is so important, and my novel *Teach Me to Forget* offers a unique perspective in that discussion…. I also love having a platform to speak to teens through storytelling. The YA community has a great responsibility to represent who teens really are, and inclusion is extremely important.

The best thing about the Kerrytown Bookfest?

> I love the book panels, getting to talk to book lovers, and learning more about the Ann Arbor community is always a bonus. If there's a chance to talk about writing or reading, I'm all in! There are so many interesting booths. I made real paper at the event last year!

Another author named Kristin Lenz is a social worker and a writer, as well as a U-M grad. She told me she loves events that bring her back to Ann Arbor. She is a part of several organizations that help local writers talk to kids who want to ask about becoming writers themselves.

> My first young adult novel, *The Art of Holding On and Letting Go,* was published in 2016, and I was fortunate to be invited to speak on a panel with several other YA authors at the 2017 Kerrytown Bookfest. At the same time, SCBWI-MI (The Michigan Chapter of the Society of Children's Book Writers and Illustrators) had a booth where authors could meet readers and sell and sign their books. This year, I'll be back at the Bookfest…. I'm also a member of Detroit Working Writers, and they'll have a booth.

Lenz talked with us about the broad appeal of YA literature, which makes it such a great feature at Kerrytown.

> I especially love that YA novels are read by teens *and* adults, and they each appreciate and relate to different aspects of the stories. There are also so many enthusiastic teachers and librarians who work hard to create safe, diverse communities for readers. The main character of *The Art of Holding On and Letting Go* is a 15-year-old rock climber girl with a deep connection to nature. It's been great to hear stories of teens and adults who've been inspired to try rock climbing or explore outdoors as a way to unplug, gain confidence, and feel a sense of wonder and appreciation.

Lenz says that author panels are great for kids attending the Kerrytown Bookfest because you get a feel for author personalities and styles of writing.

> Readers in the audience always ask great questions, and then it's nice to have time after the presentation to talk to people one-on-one. Last year, there were other authors, publishers, literary agents, book sellers, and readers of all ages in the audience.

What can we look forward to from Kristin Lenz this year?

> I'm revising my new novel right now, and hope to send it to my agent next month. In the meantime, I've been having fun following the progress of the YA Unfinished StoryBox Project. This evolving project was created by Kevin Cordi who recruited numerous YA authors to submit an unfinished short story. Middle and high school students have the opportunity to finish these stories, and English teachers have been adapting their curriculum to devote time to this project. The stories are traveling around the country from school to school. They started in Ohio, and last I heard the StoryBox was in New York. Students have been reaching out to authors directly to ask questions and brainstorm ideas. It's such a fun collaboration.

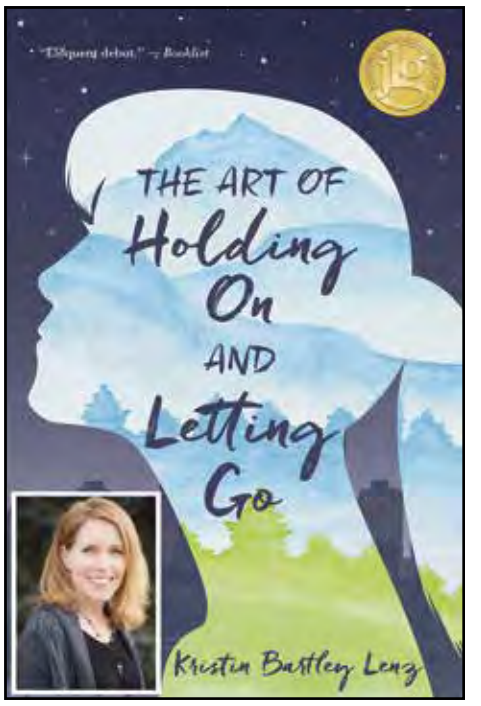
Author Darcy Woods said she had a ball at last year's Bookfest and "YA Authors of Michigan" panel. Sunny skies and 75-degree temperatures made for a perfect Ann Arbor festival. "We had some amazing, and hilarious, discussions about our writing process, path to publication, and challenges authors face. Plus the audience brought their A-game with some fantastic follow-up questions!" she said.

I asked Woods what it's like to meet readers and fans in person at a festival.

> I *love* meetings readers! They remind me why I do what I do even when it's difficult; because there are definitely days when getting words on the page feels like sucking peanut butter through a straw. So having someone appreciate your work, it means the world. And oh yes, I've had many kids tell me they want to be writers, and I think it's wonderful! My biggest piece of advice to them is simple: Read. Read. Read. Because that genuine love of great storytelling will help fuel your imagination as you go on to create your own worlds.

KERRYTOWN
BOOKFEST
SAVE THE DATE
September 9th • 10:30AM–5PM
ANN ARBOR FARMERS MARKET
Author Panels, Book Arts,
Publishers, Bookstores,
Artists & Antiquarian Books
KERRYTOWNBOOKFEST.ORG
Contact at ktbookfest@gmail.com
With support from Michigan Humanities Council,
U of M Helen Zell Writers' Program, Agnew Family
Foundation, Crazy Wisdom Bookstore & Tearoom,
Nicola's Books, Destination Ann Arbor,
Bank of Ann Arbor, State Bank of Ann Arbor,
Bookbound Bookstore, All About Ann Arbor.

I'm not sure my daughter will be quite ready for Caleb Roehrig's LGBTQ YA thrillers (though it might be just the thing for yours this year), but I'm pretty sure she'll love the middle grade graphic novels coming to the festival.



Woods advises that kids attending an author panel geared toward the types of books they want to write is a great way for them to begin learning about writing books. Authors often discuss how they got started. She also told us to check out the SCBWI booth for more info on their local chapters and workshops this year.

Woods added enthusiastically:

> One of the unique things about the Kerrytown Bookfest is that it's big without feeling overwhelming, and best of all, there's something there for everyone. Books of all genres? Got 'em! Learning how to make paper from scratch using a mixture of wasp nest — minus the wasps, of course — flowers, and leaves? Check! Or how about those bookish mugs, magnets, and jewelry you've been longing for? Look no further than here! I just couldn't resist buying a Harry Potter-themed ring (in addition to my bounty of books) that featured print from its pages.

Woods is also finishing another YA contemporary novel. The Kerrytown Bookfest continues to inspire her. "I'm trying to embrace the challenge while also wearing my Harry Potter ring. Because it can't hurt to add a little magic into mix, right?"

For directions and more information on the schedule of activities for the 2018 Kerrytown Bookfest, visit www.kerrytownbookfest.org/2018-schedule. Times are subject to change. Information about the YA Unfinished StoryBox Project can be found at sites.google.com/onu.edu/yaunfinishedstorybox/home.

Continued on page 82

Crazy Wisdom Kids in the Community

Continued from page 81

Fresh Morals & Beastly Fables: 826Michigan's Wee-Bots Writing Program

Beloved local tutoring outfit 826Michigan has been a fun and funky local resource for drop-in after-school writing workshops for kids and school field trips for a number of years now. Now they're doing classroom visits in AAPS, have expanded to Ypsi and Detroit, and have also started something called the Wee-Bots program. We spoke with Claire Stano, who leads the Liberty Street Wee-Bots program at 826Michigan. She gave us an inside look.

The Liberty Street Wee-bots/E-Bots program is a creative writing class for elementary aged writers (aged six to ten years old) that meets every Wednesday in downtown Ann Arbor, in 826's location behind the Robot Repair Shop. Students begin each class by reading a story for discussion. They then write their own stories or poems inspired by that day's lesson, which could include themes such as perspective, character development, onomatopoeia, problem solving, suspense, and adventure. All familiar territory at school, but being at 826 feels more like going on an adventure for kids. The stories Stano picks to spark kids' creativity match 826's goal of fostering unbridled creativity in kids' writing.

"These Bots are a funny, thoughtful, adventurous group of writers" –Claire Stano of 826Michigan Wee-Bots

"My favorite part of each session is when the Bots gather to share their writing. With such a diverse age group we always get so many original takes on the week's topic. These Bots are a funny, thoughtful, adventurous group of writers," Stano said. Stano starts by looking for an awesome picture book. Many parents and teachers give her great recommendations, and she also gets help from the children's librarians at the Ann Arbor libraries. Stano told us:

> I try to pick books that have a lot of humor. With such a wide variety of ages in the classroom I need something to grab the kids' attention. They all like funny stories…. I look for books that are engaging and lead to discussions about elements of writing….I love the chance to be creative in crafting the lesson. The Wee-Bots themselves are the best part of volunteering at 826. I love introducing them to the books and lessons…. This week we read Jon Scieszka's *Squids Will Be Squids: Fresh Morals and Beastly Fables.* The students laughed at Scieszka's irreverent fables such as "He who smelt it, dealt it" and "It takes one to know one." We talked about lessons that they think are important for people to learn. Then they wrote their own fables teaching those lessons.

The Wee-Bots have a new publication out this spring, featuring stories and poems by the 826 Bots.

Catherine Calabro, the Education Director at 826Michigan, said that students of all ages often tell them connecting with the volunteers at 826Michigan is what makes the program so special. Every student gets a chance to speak with a caring adult, many creative professionals and writing enthusiasts themselves, often in the form of a writing conference or an after-school tutoring session for homework help. Calabro reported:

> This spring, we are running Drop-in Writing at the Ypsilanti District Library Michigan Avenue Branch for the first time this academic year. For six weeks, we have a Tuesday afternoon program (4:00–5:00 p.m.) where students can come and work with our volunteers on a special writing project each week. Last week, for example, students played games with opposite words, and then read a poem by Langston Hughes, looking at opposite images in his work. Then, students wrote their own poems.

Our fall tutoring chapbook, *I'm Going to Be Unique and Kind, I Told Myself: Stories of Kindness, Empathy, and Compassion*, featured student writers from all three of our tutoring programs.

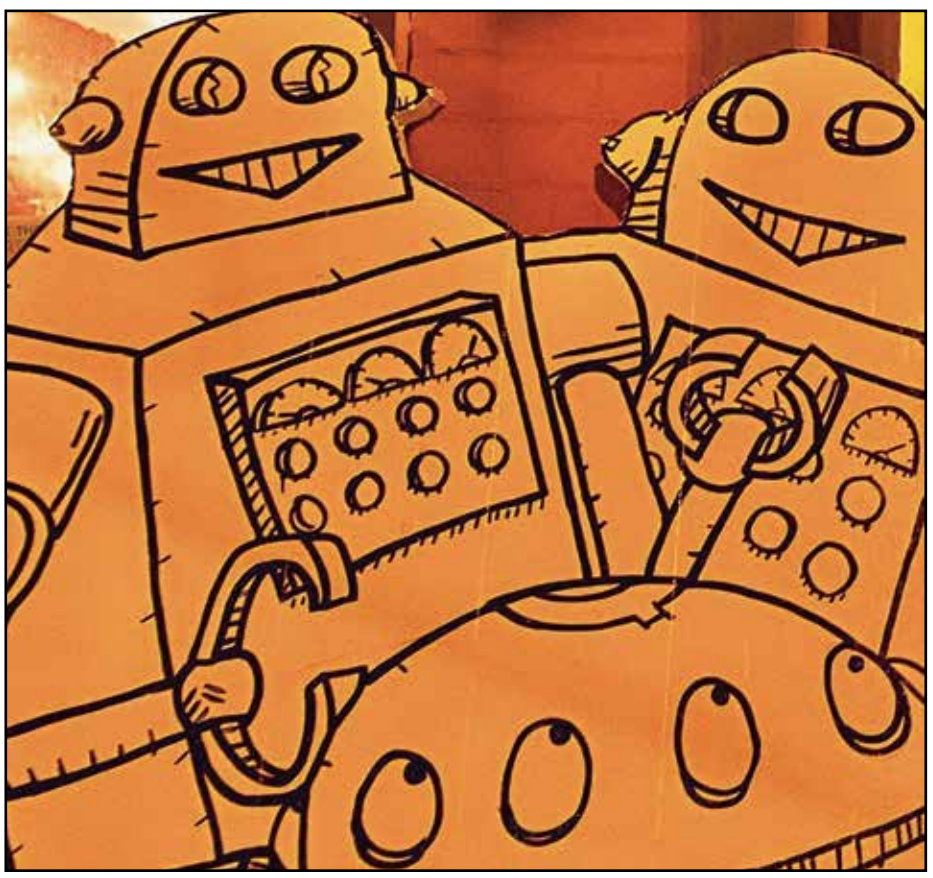
826michigan

826Michigan also has hosted a lineup of registration-based Saturday workshops in Detroit this year (at their writing lab in Eastern Market at the Detroit Robot Factory), including "Be The DJ! Writing the Playlist of Your Past, Present, and Future Self" and "There's a Storyteller Trapped in Your Belly." Calabro told us:

> We're connecting more between our three after-school tutoring programs, where students have the opportunity to write about their cities and share this writing with students from another city through traveling journals and Google Hangout conversations. Students also have the chance to connect through publication. Our fall tutoring chapbook, *I'm Going to Be Unique and Kind, I Told Myself: Stories of Kindness, Empathy, and Compassion,* featured student writers from all three of our tutoring programs.

During the school year, tutoring programs are held four days a week in Ann Arbor, Ypsilanti, and Detroit. "The kids like having a chance to be creative and grow as writers in a supportive environment," Stano said. Calabro tells us all after-school tutoring programs are free and open to students ages 8–18. I know I'm kind of wishing I fit the age range to attend tutoring myself. If your little one can get in under the age limit, sign them up to go write their own beastly fable. It's an experience they won't forget.

To find out information and times for upcoming programs at 826Michigan, visit their website at www.826Michigan.org. Information regarding tutoring, drop-in writing programs, and workshops can be found on the website. For further questions, contact the Ann Arbor office at (734) 761-3463.



CRAZY WISDOM KIDS

An ongoing section of
The Crazy Wisdom Community Journal

Articles, calendar listings, advertisements, music and book reviews, and other features… focused on raising conscious and spirited kids…

Mindful Parenting
Good Eating Habits
the Healthy Household
Integrative Medical Care for Kids
Yoga and Kids
Dads and Babies
Mothers and Daughters
Eco-friendly family living

(If you like our CW Kids section, and would like to be contributing to it, contact bill@crazywisdom.net. We welcome story ideas, illustrations, feature writing, and photographs)

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The Crazy Wisdom Community Journal

Events Calendar for Kids • May through August 2018

New, Fun, and Just Plain Cool Things to do!

Crazy Wisdom Kids

Mother's Day Fairy Tea at Crazy Wisdom • Sunday, May 13, 1 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical party on Mother's Day. Tea and treats will be served by fairies, followed by a story time and magic show in the community room. Fairy attire is encouraged. Tickets may be purchased at crazywisdom.net. No charge for children under 18 months. $11. Contact Jessica at jessicameyer@crazywisdom.net.

Tea with the Fairies at Crazy Wisdom • Thursday, Aug. 16, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical end-of-summer tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. $11. Contact Jessica at jessicameyer@crazywisdom.net.

Nature Storytime with Leslie Science and Nature Center • May 2, 6, 9, 16, 23; June 6, 13, 20, 27; July 11, 18, 25; Aug. 1, 8, 15, 22, 10-11 a.m. • Explore and appreciate the outdoors with activities such as live animal visits, hikes, stories, and hands-on activities. Each session includes indoor and outdoor activities. Aimed at children 1-5 years old. $5/child, non-members, $4/child, members. Contact Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org/events/ages-1-5.

Nature Tykes Preschool Program with LSNC • Wednesdays, May 2, 9, 16, 23 • Opportunity for 4-5 year-olds to learn and grow independently. We'll be exploring the outdoors, hiking in Black Pond Woods, meeting live animals, making crafts, and running hands-on experiments. This month we we explore habitats to see what animals need to be able to survive. Activities are both indoor and outdoor. Registration is by the month. $40/non-members, $36/members. Contact Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

Day Off Outdoor Camp-Beekeeper Academy with LSNC • Tuesday, May 8, 8:30 a.m.-5:30 p.m. • Join us for a fun and educational day off from school. We will explore native flowers and the ways that bees and other pollinators work to keep our ecosystems healthy. Do the bumblebee dance, look for insects in our pollinator gardens, and check out our observable bee hive. Learn how to protect wild bees and explore how humans raise these tiny insects. $70/child, non-members, $65/members. Contact Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

One Life Beautiful: A Celebration of Mothers Concert with Washtenaw Community Concert Band • May 11, 7:30-9 p.m. • A musical program featuring women and female composers. Free. Contact WCCB at 252-9221; WCCBand@WCCBand.org or wccband.org.

Girls on the Run 5k • May 12, 9 a.m.-4 p.m. • The Girls On The Run 5k is a celebration of and for the girls who are completing our ten-week session of Girls On The Run and Heart & Sole programs. Our 5k is a non-competitive event that will bring a smile to your face! We encourage friends, family, and community members to register and walk, run, or skip to the finish line! Your registration fees as a community participant support our council scholarship program, which provides financial assistance for program fees to families who demonstrate financial need. $28. Contact Girls on the Run at 712-5640; latoya@girlsontherunsemi.org or girlsontherunsemi.org/5Ks.

Mother's Day Wildflower Hike with LSNC • Sunday, May 13, 1-2:30 p.m. • Treat the mothers and mother figures in your life to a guided wildflower hike through Black Pond Woods and the LSNC grounds, or take the hike yourself in their honor. We'll find lovely blooms popping up through the grass or sprouting on the forest floor. Enjoy a short presentation on local wildflowers and then get outside to see what is blooming here at LSNC. During the presentation and hike, participants will learn basic plant identification skills using field guides as well as some of the fascinating folklore surrounding some of these plants. Enjoy a tea time of ice-cold lemonade or iced tea and granola bars in the garden before you head home. Pre-registration required. $5/person. Mothers are free. Contact Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

Fiesta de la Familia with Apple Playschools • Saturday, May 19, 10 a.m.-12 p.m. • Join Manzanitas Spanish Immersion Playschool's family fun event at Buhr Park. Learn about the different cultures authentically through crafts, songs, games, food, and activities led by Spanish-speaking teachers and community members. Free. Contact Jessica at publicity@appleplayschools.org or appleplayschools.org/events.

Fireside Fun - A Good Old-Fashioned Campfire Circle with LSNC • May 20, June 17, July 15, Aug. 19, 6:30-8 p.m. • There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows, and swapping stories. One Sunday a month, we'll be stoking the fires here at LSNC. Bring your family, friends, camp chairs, outdoor games, and s'mores fixings. We'll provide a blazing campfire and plenty of marshmallows. This event is rain or shine (except thunderstorms), so come dressed for the weather. Free. Contact Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

Just for Kids: Explore the World of Chocolate • Thursday, June 07, 5:30-6:30 p.m. • In this just-for-kids tasting, we'll teach you to taste like an expert, introduce you to some of our favorite chocolate makers, and describe how different types of chocolate are made. And, we'll taste some chocolate, of course. We think kids ages 4-14 would most enjoy this tasting. Parents are welcome to attend at no charge and observe on the sidelines. All participants will receive a 20% off coupon to use after the tasting to eat and/or shop at the Deli. Please include your child's name, age, and any allergy information in the comments field when you register. $15. Contact Zingermann's at 663-3354; zingermansdeli.com/event/just-kids-explore-world-chocolate/.

Raptor Feeding with LSNC • June 16, July 21, 4-5 p.m. • Join LSNC raptor staff each month for dinner time. During this hour, you can see staff prepare scrumptious raptor food for our wild owls, hawks, and eagles -- and yes, that does mean dead mice and rats. This is a great time to see the birds doing their most natural behavior...eating. This will also be an opportunity to touch feathers, see a hawk or owl pellet, discover more about bird anatomy, and ask our expert staff questions about the birds. Free. Contact Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

International Mud Day Celebration with Apple Playschools • Saturday, June 23, 10 a.m.-1 p.m. • Join Apple Playschools for a celebration of International Mud Day at LSNC. International Mud Day is a day for children around the world to connect with the earth through mud play and exploration. At Apple Playschools, every day is mud day, but on this particular day, we get messy to the extreme. Dive into the wonders of mud in our mud pit, make mud pies, explore mud paint, build cob fairy houses, and explore the many uses of mud throughout the world. Come prepared to get muddy. $5/child. Contact Amanda at publicity@appleplayschools.org or appleplayschools.org/events.

Tech Theatre Camp • June 25-29, 9 a.m.-4 p.m. • Come learn about what goes on BEHIND the scenes in this very hands-on camp, led by Brice O'Neal, of Community High School's Community Ensemble Theatre (CET). Each day of the one-week, full-day camp will focus on accomplishing a specific goal or project. Each full-day session will include hands-on work in the A2CT scene shop (building set pieces, painting flats, etc.) and studio work (lighting, sound, etc.). In addition, participants will create a notebook with all the information they learn, and will participate in an end-of-camp showcase. $300 for non-A2CT members/$280 for members. Contact the Ann Arbor Civic Theatre at 971-2228; a2ct.org.

Global Spark! Camp • Monday-Friday, July 9-20, 9 a.m.-12 p.m. • Spinning Dot Theatre is excited to bring you this interdisciplinary and interactive camp! In collaboration with A2CT, Global Spark! combines theater arts, movement, music, and visual arts as well as language skills in multiple foreign languages. The culmination of the camp is a performance crafted from top to bottom by the young people - thus

New, Fun, and Just Plain Cool Things to do! List your kid, tween or teen events in the September through December 2018 issue of the CW Journal!
The deadline for submissions for the next issue is Monday, July 16, 2018.

providing them learning experiences in not only acting but choreography, directing, costumes, lighting, set design, producing, etc. $270 before June 1/$290 after. Contact the Ann Arbor Civic Theatre at 971-2228; a2ct.org.

Picnic and Learn with LSNC • Select Sundays, 12:30-2 p.m. • Bring a picnic lunch and come over for an afternoon of fun. Three-part program series for families to play, explore, and learn outside together. Families will enjoy a short interpretive hike and a game or two with our wildlife staff. Bring your own picnic lunch and reusable cups. Lemonade will be provided. $8. Contact Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.
June 24 • Picnic with Pond Life • We'll glide through the underwater world of macroinvertebrates that call Black Pond home.
July 22 • Picnic with Pollywogs • We'll hop into life as an amphibian by investigating frogs, toads, and salamanders you may find here or in your own backyard.
Aug. 5 • Picnic with Pollinators • We'll buzz and flutter around LSNC's native plant gardens to discover the important relationships between insects and plants.

Critter House Open Hours • Sundays, 10 a.m.-1 p.m. • Observe frogs, turtles, snakes, and more as they hop, crawl, and slither in their homes. Our Critter House is the home to many species native to the region. It's a great way to get up close and personal with some adorable and unusual animals and help kids develop an appreciation for the incredible diversity of the natural world. Our knowledgeable staff will be on hand to answer your questions. Free. Contact Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

Kabbalah for Children (3rd-6th grade) with Karen Greenberg • Sundays, May 20, June 24, July 22, Aug. 19, 1-3 p.m. • Utilizing multi-sensory input and experiential learning, we build self-esteem of awake and spiritually evolved children. We aid in integrating organizational skills, in navigating through low-vibrational emotions, and in discovering and fostering their genius, so that they can fulfill their mission of installing a healthy, interdependent, functional planet for the prophecy of the "Thousand Years of Peace". $50/session. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Tai Chi for Kids with Jonathan Buckman • Sundays, 4:30-5:30 p.m. • This class invites kids to learn about themselves and introduces them to skills that can bring a lifetime of happiness. It covers the slow tai chi form, playful pushing hands, and meditation techniques to use at home or school. Open to children ages 5-17. $21/drop-in or $70/month. Contact Pastor Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Call 994-3620; a2amas.com.

Yoga with Cats with Tiny Lions Lounge and Adoption Center • Sundays, 8:30-9:30 a.m., Thursdays, 7:30-8:30 p.m. • Practice Hatha style yoga with the furry feline masters at Ann Arbor's own cat cafe! Bring peace to your mind and body while filling your heart with joy as you help animals - proceeds help the homeless animals in our community. Ages 12+. $10. Tenth class is free. Contact Karen at 661-3530; tinylions@hshv.org or tinylions.org.

Parent & Toddler Art Sessions with Riverside Arts Center • Thursdays, 10-11 a.m. • Bring your kids and come create art every Thursday. For more info, contact the Arts Center at 480-2787; riversidearts.org.

Little Paws Story Time with the Humane Society of Huron Valley • Thursdays, 10:30-11:30 a.m. • If you have a toddler who loves animals, come have a pawsitively fun time with us at HSHV. Designed for children ages 2-5. $5/child. Up to two adults per child and children under one are free. Contact Karen at 662-5585; humaneed@hshv.org or hshv.org/storytime.

Pets and Pajamas with the Humane Society of Huron Valley • Fridays, 5-9 p.m. • Parents, enjoy a night out while your kids ages 5-11 enjoy some after-hours time at the Humane Society of Huron Valley. This parent drop-off event includes an animal themed movie, vegetarian dinner, popcorn, and time with the adoptable animals. $35/first child, $15/each sibling. Contact Karen at 662-5585; humaneed@hshv.org or hshv.org/kids.

Family MEWvie Night with Tiny Lions • Fridays, 7-9 p.m. • Cuddle up with adoptable cats and snack on popcorn while you watch a family-friendly flick at the Tiny Lions Cat Café! Fee includes movie and popcorn. Proceeds help the homeless animals in our community. $10. Contact Karen at 661-3575; tinylions@hshv.org or tinylions.org/mewvienights.

Baby Playgroups at AADL • Come to the library and hang out with other babies with 15 minutes of stories, rhymes, and songs followed by open playtime. Ages 0-2. Free. Contact AADL at 327-4200; aadl.org.
Downtown • Mondays, 10:30-11:30 a.m.
Malletts Creek • Tuesdays, 10-11 a.m.; Thursdays, 6:30-7:30 p.m.
Pittsfield • Wednesdays, 11 a.m.-12 p.m.
Traverwood • Fridays, 10:30-11:30 a.m.
Westgate • Thursdays, 2-3 p.m.

Dancing Babies • Come to a program full of music and motion for babies, toddlers, and preschoolers up to age 5. Free. Contact AADL at 327-4200; aadl.org.
Westgate • May 6, 1-1:40 p.m.
Malletts Creek • May, 20 1-1:40 p.m.

Preschool Storytimes • Stories, music, and fun for kids ages 2-5. Siblings are welcome to attend. Free. Contact AADL at 327-4200; aadl.org.
Downtown • Tuesdays, 10-10:30 a.m.; Wednesdays, 11-11:30 a.m.
Malletts Creek • Wednesdays, 10-10:30 a.m.
Pittsfield • Thursdays, 7-7:30 p.m.; Fridays, 10-10:30 a.m.
Traverwood • Tuesdays, 11-11:30 a.m.; Wednesdays, 6-6:30 p.m.; Thursdays, 10-10:30 a.m.
Westgate • Mondays, 11-11:30 a.m.; Wednesdays, 1-1:30 p.m.; Fridays, 10-10:30 a.m.

Creature Camp with The Creature Conservancy • 8 a.m.-5 p.m. • Children in grades 1-5 can spend their day(s) off from school with the animals at The Creature Conservancy. These 1-day, 3-day, and week-long camps are scheduled for times when various area schools are not in session. Students get to help with care and feeding of select animals and enjoy up close and personal time with some of our animal ambassadors. Age groups are divided to offer age-appropriate experience. Activities vary according to age group and time of year. The learning doesn't have to stop with a day off school. For more information, visit: thecreatureconservancy.org/programs-camp.html

All Creatures Great & Small

Zooooooooooooooooom. Zooooooooooooooooooo-ooooooom ~ Chase Me Now!

Taming the Crazy that is Puppyhood

By Hannah Ashmore

In the World of Dog, evening crazies are actually a thing, particularly in puppies. “International Puppy Zoomie Time” often occurs between 7:00-9:00 p.m., on a nightly basis, immediately before your new youngster crashes for the evening. You hope. Or, it may not be until the early hours of the morning.

Puppies. There certainly are some fun benefits to bringing home a young dog; however, there is a lot that goes into raising a well-rounded puppy. And, frankly, in the beginning there’s not much that’s romantic. Between housetraining or creating a solid schedule, lack of sleep if you have a pup under three months (unless you’re lucky), and a mouth that somehow holds razors instead of teeth, puppies are H-A-R-D work.

You’ve made the commitment, so where to begin? The Longsnouts approach leans towards developing creative, independent four-legged friends through a science-based approach, and also weaving in a literal ton of play-based learning. We believe in the “2 Cs”: communication and consistency. Pick your message. Stick to it.

> “In the World of Dog, evening crazies are actually a thing, particularly in puppies.”

In this article, we could dive into a lengthy dialogue about the Art of Raising a Puppy, from critical skills to how to teach a down. Instead, we’re going to talk a bit more conceptually about our direct experience, while touching on some key “musts.”

Consistency and Manners

There are several aspects of puppyhood that are rather challenging, says this human with scarred hands and arm’s, from teething to a never-ending battery life, and beyond. Having an appropriate toy/chew at arm’s length, at all times, to replace your battered index finger helps. When a puppy is gleefully snagging your $80 bra and wanting to engage in a game of CHASE ME NOW, having a tasty (from your pup’s perspective) toy/treat at arms length to trade for your finest underthings is absolutely critical. Working on crate training, basic manners (sit, down, hand targeting, and so on), or being more exciting than your neighborhood squirrels? Yep, a high value treat or toy is non-negotiable.

Sensing a theme? Dogs do what works. Period. Guess what — your puppy learned that all of the above behaviors “worked,” regardless of your human opinion. She got your attention (those Achilles’ heels are ten-DER!), played some great games, and probably got to go play outside for a bit so you could have a break, right? Our pups don’t arrive speaking “human” and, given their druthers, most of what we demand of them would never happen — it’s not very “dog.” Being consistent and kind, and creating value for all the required routines and behaviors is the foundation for a beautiful long-term relationship.

No Using “No!”

In the beginning of all relationships, communication about needs and wants establishes a rock solid foundation. Right, we already mentioned that.

To help create that foundation, here are some questions to ask yourself:
What is your plan for communicating with your dog? (words, hand signals)
What skills would you like your pup to learn?
What words are you going to assign those skills?
Where is she allowed or not?

Making the time to draft a plan creates consistency (there’s that word again!) in your communication. Longsnouts training is centered around teaching our four-leggeds what we DO want them to do, and spending the least amount of time focusing on what we don’t want. Why? Well, they always do what works, so giving (what we often label) naughty behaviors attention still qualifies as “working” from our dog’s perspective. Plus, it’s REALLY hard to figure out what — as human or canine — we are allowed to do or what the other partner wants when all we hear is “NO!”

> “After 18 years of saying ‘no puppy’ in my personal life, a floppy-eared Shepherd mix pup seduced me in the winter of 2016…”

As you’re communicating with your dog, especially at the beginning of your relationship, focus on teaching or asking for what you want and crafting (sometimes luring) the result. (Yep, it’s a pretty amazing life skill that works across species.)

Pro-tip: most common mixed message usually comes from “down” (Longsnouts uses it for “belly on ground” or “lie down”) vs. “off” (we use it to mean “get your body off that counter/couch/bed”).

Safety First!

In the world of Longsnouts training, safety is more than physical. Our team puts a lot of time and energy into educating humans, discussing body language, development timelines (physical, intellectual, and emotional), and age-appropriate activities. Learning to balance helping, encouraging, helicoptering, and confidence-creating are all critical and also an eternal challenge. Strategizing timelines and structured Real World exposure is key to crafting a stable puppy. (Truthfully, we “worry” about exposure and appropriate activities for dogs of all ages!)

Our motto at Longsnouts is “where dog training feels like recess” because we realize that we are all more likely to continue any activity when we’re having fun. In our puppy-focused handouts, we even created a scavenger hunt, as a way to encourage humans to get out and help their puppies learn about our often confusing human world. By watching our puppies’ body language closely, humans can ensure the pups explore in a way that feels good for the puppy — safely! If any one experience pushes the pup “over the threshold” — a #DogNerd term that translates to

uncomfortably out of comfort zone — there's no fun or safety, and trust in the human world (and sometimes also the human) deteriorates.

From a physical perspective, Longsnouts advocates all of the standard safety protocols: use of appropriate crate training, puppy proofing, routine housetraining, a toy/chew at arm's length 100 percent of the time, and making sure that ***your pup can be seen and heard at all times***. And do not take your puppy to a dog park or overwhelm her by taking her out to Meet-Everyone-You-Know-Right-NOW. Period. Small group size and age-appropriate play dates with known dogs or at-home play/training are amazing resources for growth.

"We believe in the "2 Cs": communication and consistency."

Safety, from a Longsnouts perspective, can be summed up in our most favorite tenet: Fear and Trust Cannot Co-Exist. If your pup is scared, s/he won't feel safe. Period.

This human, Hannah, Lead Trainer at Longsnouts, may have now made puppies perhaps seem like a terrifying option. Truth be told, yes, I do wish more people would put a little forethought into bringing home a puppy — from breed/mix, expected energy level, appropriate age or size for lifestyle and home, and also how to go about creating a superb relationship with your new family member, for the next decade plus. Making the time to think through a best-suited approach pays off … and, yes, this can still be done once puppy is already home.

After 18 years of saying "no puppy" in my personal life, a floppy-eared Shepherd mix pup seduced me in the winter of 2016. In many ways, I'm in a position to create a "perfect" puppy, right? Well, I, too, struggled, and Dougal, the #puppyshark, was an "easy" puppy in many regards. Maintaining human consistency response can be a challenge when you have a herding dog consistently connected to your arm. I get it! That said, he's been an amazing, unexpected addition to my personal and professional worlds.

If you, dear reader, puppy owner, or human thinking about a puppy, remember one thing from all these words, I hope it's this: "this, too, shall pass." The flip side is that "this, too, shall pass." So, please cherish the crazy, razor-toothed whirlwind that is your puppy!

(Because then you get a teenager! And that's a whole 'nother story...)

Hannah Ashmore has been playing with dogs since the late 90s and professionally training them since her apprenticeship in NYC began in 2006. She is certified through the C.C.P.D.T. and a member of several fear-free organizations. She is over-worked at home by Dominic (American Bulldog/Great Dane), Livvie the Minx (Black and Tan Coonhound), and Dougal, the #puppyshark (Shep/Pitbull-type) and Search and Rescue dog in training. She is lead trainer, educator, and advocate for Longsnouts and a founder of Mutts of the Mitten. Hannah is in many ways a Townie, having first landed in Ann Arbor in the mid-80s, and boomeranged back several times until landing permanently in 2008.

For more information or a schedule of events happening at Longsnouts and Mutts of the Mitten, email info@longsnouts.com or follow them on Facebook.

Longsnouts

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The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops, and Events
May through August 2018

Calendar Edited by Melanie Baldwin

Acupuncture

Treat Addiction and Save Lives with Virginia June • By Appointment • Offering the NADA 5-point auricular acupuncture for help with quitting smoking, pain management, dependency on opiates, Suboxone, Methodone, PTSD, anxiety, and depression. $40/individual, $20/person in a group. Contact Virginia at (734) 277-7347; whitewolfhealing@gmail.com or whitewolfhealing.com.

Addiction and Recovery

Teens Using Drugs: What to Know and What to Do with Ray Dalton • Part 1: May 1, June 5; Part 2: May 8, June 12 • Two-part series to help participants understand, identify, and respond helpfully to teen alcohol or other drug problems. Inclusive of families, teens, professionals, students, and others. Free. Contact (745) 485-8725; info@dawnfarm.org or dawnfarm.org/programs/teens-using-drugs.

Co-Occurring Disorders: Understanding Self-Medication and Complex Recovery with Jeremy Suttles • Tuesday, May 15, 7:30 p.m.-9 p.m. • Presentation on an overview of co-occurring mental health and substance use disorders, including diagnosis, prevalence, and effective methods of treatment. Emphasis on a comprehensive model of recovery that provides for emotional and physical health recovery as well as ongoing sobriety. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Gratitude and Addiction Recovery with Amy Krentzman • Tuesday, May 22, 7:30-9 p.m. • Presentation to provide definitions of gratitude proposed by social scientists, to discuss scientific findings about the benefits of gratitude, to cover theories for the ways in which gratitude works, and to ponder whether gratitude has a downside. Together we will practice at least two gratitude exercises. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Spirituality in Recovery: The Many Paths to Spiritual Fitness with Jerry Fouchey • Tuesday, May 29, 7:30-9 p.m. • People in recovery from substance use disorder often harness the power of spirituality to maintain their recovery and have used many paths in this process. This presentation will encourage participants to clarify a personal understanding of a Higher Power, examine the quality of their relationship with that Power, and explore vehicles to build their conscious contact in recovery. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Animals and Pets

Animal Communication Basic Class with Judy Ramsey • Saturday and Sunday, May 12-13, 9 a.m.-5 p.m. • Learn how to communicate with animals the way they communicate with each other and experience a whole new world of perception. Open your intuitive sense with step-by-step exercises in a fun, supportive environment. $150/person. Contact Judy at 665-3202; ramsey.judy003@yahoo.com or HeartToHeartAnimalCommunication.net

PetMassage Five-day Foundation Workshop with Jonathan Rudinger • Thursday through Monday, June 7-11 • You will understand the roadmap to creating and marketing your canine massage business: the theory, techniques, vocabulary, culture, and vision of PetMassage. Become aware of body mechanics, learn to understand and provide for diverse canine needs, learn various complementary bodywork techniques, and understand basic dog anatomy and physiology as it applies to canine massage. Distance learning available. $2,000. Contact Anastasia at 1-800-779-1001; info@petmassage.com or petmassage.com.

PetMassage WaterWorkTM Workshop with Jonathan Rudinger • Monday through Thursday, July 16-19 • Training class to teach participants the PetMassage WaterWorkTM treatment. A great addition to canine rehabilitation, weight loss, conditioning, training, and palliative care programs. $2,000. Contact Anastasia at 1-800-779-1001; info@petmassage.com or petmassage.com.

Low Cost Vaccine Clinic with the Humane Society of Huron Valley • Select Saturdays, 9-11 a.m. • Healthcare for our pets is essential, but can be pricey. To help keep animals with their families and help families keep veterinary care affordable, the Humane Society offers low-cost vaccine clinics. Appointments not necessary; just bring cats in carriers and dogs on non-retractable leashes. Vaccine prices vary. Contact 662-4365; clinic@hshv.org or hshv.org/vaccineclinic.

Community Cat Volunteer Training with the Humane Society of Huron Valley • Select Fridays, 1 p.m. • Be an advocate for cats! Come learn why Trap-Neuter-Return (TNR) helps humanely reduce the number of free-roaming cats, lowers euthanasia, and creates better, less hostile environments for our community cats. You'll also learn how you can help--and we need you! Free. Contact Cheryl at 661-3523; tnr@hshv.org or hshv.org/tnrclass.

Family MEWvie Night with Tiny Lions • Select Fridays, 7-9 p.m. • Cuddle up with adoptable cats and snack on popcorn while you watch a family-friendly flick at the Tiny Lions Cat Café! Fee includes movie and popcorn. Proceeds help the homeless animals in our community. $10. Contact Karen at 661-3575; tinylions@hshv.org or tinylions.org/mewvienights.

Artwork by Logynn Hailley

Art and Craft

Westside Art Hop • Saturday, May 19, 10 a.m.-5 p.m. • Art walk in homes, studios, porches, and yards. Over 40 artists are expected to participate selling art anywhere from $5 to over $500. Free. Contact westsidearthop@gmail.com or westsidearthop.com.

Astrology

Drop-In Astrology Readings with Alia Wesala • First and Third Wednesdays, 6-9 p.m. at Crazy Wisdom • Alia provides brief astrological consultation sessions to individuals, couples, and families. $1.50/minute. No appointment necessary. Contact 719-0782; astrolibration@gmail.com.

Drop-in Astrology/Energy Work with Simran Harvey • First and Third Sundays, 12-3 p.m. at Crazy Wisdom • Simran offers astrological consultations with the option to energetically address issues and situation in the moment. Stand-alone astrology or energy work on offer. $1.50/minute. No appointment necessary. Contact Simran at 255-9533; astroenergywork@gmail.com.

Sedna with Alan Clay • Saturday, May 12, 1:30-4 p.m. • Presentation about the trans-Plutonian object Sedna. This trans-Plutonian object is linked to the oceans and sea life, as well as critical life events. The effect of its slow motion through the sky will be revealed. $15/members, $20/non-members. Contact Sue at (248) 765-3131, smartmich2010@gmail.com.

SMARRT's Summer Luncheon • Sunday, June 3, 1:30-4 p.m. • Join us for a social lunch with an open discussion about astrology and astrological topics. Guests and friends are welcome to attend. Cost of lunch. Contact Sue at (248) 765-3131; smartmich2010@gmail.com.

Draconic Astrology with Pam Gallagher • Sunday, Aug. 19, 1:30-4 p.m. • Take this wonderful opportunity to learn more about the mysteries of Draconic charts and what they mean. Draconic charts are linked to karmic lessons in life. Pam will help you understand what it is all about. $15/members, $20/non-members. Contact Sue at (248) 765-3131, smartmich2010@gmail.com.

Author Events

Paul Selig Talk and Book Signing at Crazy Wisdom • Friday, June 22, 6-7:30 p.m. • Join us as Paul channels his Guides live during an interactive discussion on the teachings in his critically acclaimed book, *The Book of Truth,* which lays out techniques for aligning to a new life. You'll learn about this practical prescription for personal growth and will have the opportunity to ask questions directly to Paul's guides. Paul will sign copies of his books for those interested following the talk. Contact Noah at (917) 727-3255; noah@perabogroup.com or paulselig.com.

Bodywork

Chi Nei Tsang Abdominal Healing Therapy 1: Organs with Mary Ellen Derwis • Friday-Wednesday, Aug. 3-8 • Learn how to release knots and tangles in the abdomen and heal the internal organs through physical hands-on healing. Work is great for self-healing and is a great modality for healing in a clinical space (upon certification). No prerequisites. $595. Contact Steven at (517) 295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Chi Nei Tsang Abdominal Healing Therapy 2: Winds with Mary Ellen Derwis • Thursday-Tuesday, Aug. 9-14 • Learn to deepen the release of inner tension in the abdominal region and balance internal energies through working with the 12 internal winds. Work is great for self-healing and is a great modality for healing in a clinical space (upon certification). This is the continuation of Therapy 1: Organs. $595. Contact Steven at (517) 295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion • Fridays, 7:30 p.m. in the Crazy Wisdom Community Room • The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. All book selections will be available at Crazy Wisdom Bookstore at a 30% discount. Discussion is free. Contact 665-2757; email deb@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on meetup.com.

May 18 • *The World is as you Dream It-Teachings from the Amazon and Andes* by John Perkins. Hosted by Bill Zirinsky. John is the author of best-selling *Confessions of an Economic Hit Man*. This book follows his life and adventures after Hit Man. John used the knowledge he gained from Master Shamans to successfully found the Dream Change Coalition, an organization that inspires executives to clean up pollution and honor the earth. He has much to teach using the age-old technique of dream change.

Redemption
by Estelle Slootmaker

Hope is a red bus
//in front
of me//
on the freeway
taking the next exit.

∞

Driving50thick intraffic.Sailing through greenlights.Weaving past the inept.
Jack-knifing the slow.Hardrock
on the radio.

∞

Mother goose. No not the one who rhymes.
Steps straight along the sidewalk.
Takes her time.
Fuzzy gosling following behind.

∞

Karma. Cashing out, Cashing in
on this moment's bright peace
outside the head,
inside the heart.

∞

Love is a young deer, his downy antlers yesterday
just an itch in the back of his mind.
A red-winged blackbird flies beside him, abreast of his chest, hears his hard beating heart. Together,
they escape to the trees.

Share your poetry with the Crazy Wisdom Community!

Do you appreciate the inspiring quotations sprinkled throughout the Calendar? Now we're adding poetry written by our readers. If you enjoy playing with words and transforming them into poems, please submit your work for consideration.

Submission Guidelines:

- **Maximum length:** One page
- **Submission Limit:** One submission per person per edition
- **Restrictions:** Unpublished poems only please
- **Contact Information:** Name, email address, phone number
- **Format:** Electronic files (docx) sent to Julianne at **crazywisdomjournal@crazywisdom.net**
- **Due date:** **July 15, 2018** (for potential inclusion in the fall Calendar)

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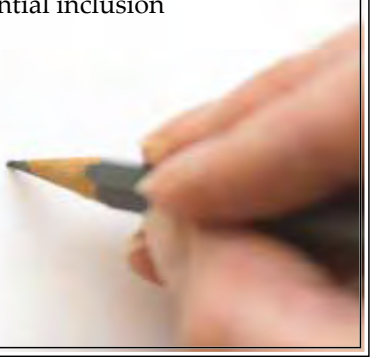


If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" and which starts on page 113.

Book Discussion Groups (cont.)

June 15 • *I Am I Am I Am* by Maggie O'Farrell. Hosted by Deb Flint. This book was a long-time #1 bestseller in Britain. O'Farrell explores 17 brushes with death over the course of her life in a way that is compelling and honest. Accidents, whether happy or not, and the occasional twist of fate define our lives and reading Maggie's journey is a wonderful way to appreciate the gift we have in life itself. A great memoir and conversation starter.

July 13 • *Astrophysics for People in a Hurry* by Neil DeGrasse Tyson. Hosted by Deb Flint. Most of us don't have time to contemplate the cosmos, so Neil DeGrasse Tyson makes the universe accessible with his clear vocabulary and humor. He's written this little book in short chapters that can be read at any time of day. Come discuss this #1 New York Times Bestseller with us-what better guide to the Cosmos than Dr. Tyson?

August 17 • *Hygge-The Danish Art of Happiness* by Marie Tourell Soderberg. Hosted by Deb Flint. This book explains the Scandinavian concept (pronounced *hue-guh*) that makes Denmark the "happiest nation on earth". There is no equivalent word in the English language...hygge means a moment of happiness where warmth or togetherness is found in the little things in life. The author suggests that in this day and age it's more important than ever to relax and make time for hygge. See if you agree!

Jewel Heart Readers • Tuesdays, May 8, June 12, July 17, Aug. 14, 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. All are welcome. Free. Contact Jewel Heart at 994-3387; annarbor@jewelheart.org or jewelheart.com.

Spiritual Development Book Club with Rev. Ann Gee • Second Tuesdays, 7-9 p.m. • Take a spiritual road trip with Ann, cultivating fun and friendship as we expand our spiritual awareness by reading and discussing metaphysical classic books, or e-books. $8. Contact Ann at (248) 716-4972; silverpeacockpsychic@gmail.com or enlightensoulcenter.com.

Breathwork

Transformational Breath Experiential Evening Workshops with Julie Wolcott and Marcia Bailey • May 10, 14, 22, 30, June 18, Aug. 14, 20, 7-9 p.m. • We begin the workshop with a discussion of the benefits and basics of the breath process, set intention, experience a full breath session, and end with integration. Participants may register for one or more of the three review sessions. First-timers arrange with Julie or Marcia to come one hour early for an overview. $30/session for a reviewer, $40/new participants. Contact Julie at 355-1671; info@breatheannarbor.com or breatheannarbor.com.

Alchemy of the Heart, Revisited with Julie Wolcott and Marcia Bailey • Saturday, May 19, 10 a.m.-5 p.m. • Come breathe with us! This day-long event will include two full 60-minute Transformational Breath sessions, plus related exercises and sharing. Main theme: See with your Real Eyes, the "Eyes of the Heart". Check out Michael Brown's YouTube videos or books prior to event if possible. $90 for a reviewer, $100 for new participants. Contact Julie at 355-1671; info@breatheannarbor.com or breatheannarbor.com.

End Struggles: Find Peace, The Art of Creating the Perfect Day with Dave and Pat Krajovic • Sunday, May 20, 10 a.m.-12:30 p.m. • Did you know that you have the power to create a day to delight? How you start and end your day determines how grand it will be. Learn skills to reduce drama and trauma. The result? Greater health, harmony, and happiness. $59.95. Contact Pat at relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Relieve Stress through the Breath: Consciousness Rising Breathwork/Meditation with Dave and Pat Krajovic • Wednesday, May 23, 6-7:30 p.m. • Learn how your thoughts/feelings affect stress levels. Manage stress, reduce negativity and limitation as powerful energies of meditation and conscious breathing uplift your spirit, calm your body/mind and restore balance. Includes hands on facilitation. $31. Contact Pat at relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Breath Immersion Weekend, Transformational Breath - Level 1 with Julie Wolcott and Marcia Bailey • Saturday-Sunday, June 9-10, 9 a.m.-10 p.m. • This Transformational Breath Immersion weekend will include five full breathing sessions. Personal coaching throughout the weekend will invite a natural open flowing breath that will become a vehicle for transforming old suppressed negative material to more useful energies. $400, discount before May 9. Contact Julie at 355-1671; info@breatheannarbor.com or breatheannarbor.com.

Happiness Rising with Dave and Pat Krajovic • Sunday, June 24, 10 a.m.-4:30 p.m. • Want more happiness, fun, and peace in your day? Experience more joy, health, prosperity, and balance in your life. Breathwork and meditation to help you rise above limitations and become more aware. $111. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Buddhism

Tantra, Dzogchen, and The Meaning Saturated State with Christina Burch at Crazy Wisdom • Thursday, May 22, 6:30-8:30 p.m. • To celebrate the Buddha's birthday. An introduction to the path of Tantra and Dzogchen as it is practiced in the Nyingma lineage of Vajrayana Buddhism. This is a path of meditation and mind training known as the Diamond Vehicle. We will explore the driving search for meaning which fuels this path and its particular relevance and potential as practiced in today's postmodern technological world. Free. Contact Amy at 223-6305; amyblondin@gmail.com or christinaburch.com.

*"Your goal is not to battle with the mind, but to **witness the mind.**"*

— Swami Muktananda

Free Public Talk: Cultivating an Awakened Mind in Life and Death with Lama Kathy Wesley • Friday, May 4, 7:30 p.m. • By familiarizing ourselves with the many examples of impermanence in our lives, we can begin to engage and perhaps even calm the fear of loss and change that can prevent us from living to its fullest. Lama Kathy will explore how Buddhist meditation practice, contemplation on impermanence, life and death, can bring more awareness and enjoyment to life. Free. Contact Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Death and Dying in the Tibetan Tradition with Lama Kathy Wesley • Saturday and Sunday, May 5-6 • Classic Tibetan texts about death present the dying process as a journey of letting go and of awakening the mind and heart. This meditation workshop will cover Tibetan teachings on the phases of death, how to train one's mind in preparation for death, and how to attend and offer comfort to those who are facing change, loss, death, and grief. Suitable for all levels of practice. Suggested donation: $50/day. Contact Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Summer Work-Study Program • May 12- Aug. 26 • During our annual Summer Work-Study Program we accept students interested in joining our practice community for a minimum of two weeks. Students participate in morning, noon, and evening meditation practice and in work practice: gardening, vegetarian meal prep, upkeep and maintenance, help with Peace Camp, cleaning, sewing meditation mats and cushions, and other duties as needed. Simple accommodations, meals, and weekly time off are provided. Contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

What is Guru? with Jewel Heart • Saturday, June 23, 10 a.m.-12 p.m. • The relationship with a spiritual mentor will be explored through a presentation and interactive panel discussion in this two-hour workshop. Free. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Liberation of Life Service • June 24, 10 a.m. • In keeping with the Buddhist Precept "Do not harm, but cherish all life", the Liberation of Life Ceremony celebrates non-human species by releasing beings held in captivity and/or destined for slaughter. Contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

Summer Lecture Series • July 10, 17, 24, 7:30-9 p.m. • Teachers and Training Students discuss Buddhist Life, Teachings, and Disciples. For more details, contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

Sundays with Gelek Rimpoche • Sundays, 11 a.m.-1:30 p.m. • Recorded talks by Gelek Rimpoche are shown weekly at Jewel Heart, and they are available as video webcasts. Followed by coffee, snacks, and conversation! Open to all. Free. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Genjo Koan as Practice Instruction - Dharma Talk with Rev. Diane Martin Roshi • Sunday, May 13, 10-11:30 a.m. • The writings and teachings of the thirteenth-century Japanese Soto lineage founder Eihei Dogen have been highly influential not only in the introduction of Zen to the West, but for Western interest in all of Buddhism. Of all Dogen's profuse writings, none has likely been more frequently cited or more illuminating than this essay: *Actualizing the Fundamental Point.* Donations accepted. Contact Marta at (248) 202-3102; jissojizen@gmail.com or jizzojizen.org.

White Tara Meditation Sessions at Jewel Heart • Sundays, 9:45-10:45 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Free. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Sunday Services With Zen Buddhist Temple • Sundays, 10-11:30 a.m. or 4-5:30 p.m. • The morning meditation service consists of two periods of meditation followed by chanting and a talk. The afternoon dharma service has two shorter periods for sitting meditation, sometimes a walking meditation, reflection, chanting, and a short talk. Donations accepted. Contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

Temple Stay/Visitor's Program and Residential Options with the Zen Buddhist Temple • Ongoing • This program provides participants with an opportunity to spend time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedule permits. One can seriously pursue one's spiritual path or seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. Contact Zen Buddhist Temple at 761-6520; annarborzentemple@gmail.com or zenbuddhisttemple.org.

Ceremonies, Celebrations, and Rituals

Ladies Night Out at Crazy Wisdom • Friday, May 18, 5-9 p.m. • All day Crazy Wisdom will offer 20% off bookstore purchases for women who mention Ladies Night Out. From 5-9 p.m. enjoy free hot tea samples and chocolate. The first twenty women who make a purchase of $25 or more receive a free goody bag containing an assortment of items, including free books, incense, greeting cards, body products, and/or jewelry. Free. Contact Sarah at 665-2757 or sarah@crazywisdom.net.

Buddha's Birthday • Saturday-Sunday, May 19-20 • Come celebrate the Buddha's birthday with the Zen Buddhist Temple. Contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

May 19 • Public Forum: The Practice of Zen Cooking, 3:30 p.m. • Vegetarian Buffet Extraordinaire and Entertainment, 6 p.m. • Film and discussion about Jeong Kwan, a Korean Nun and master chef. Then a delicious and bountiful vegetarian dinner followed by music and entertainment.

May 20 • Meditation, 9:30 a.m. • Traditional Celebration Service, 10 a.m. • Blessing Service for Youth, 12 p.m. • Public Service with Meditation Instruction, 4 p.m. • Lotus Lantern Lighting and Chanting Service, 7:30 p.m. • A full day of services dedicated to celebrate the Buddha with meditations, chanting, readings, and other activities.

First Sundays at Evenstar's Chalice with Mara Evenstar and Jeann Adwani • First Sundays, 10 a.m. • First Sundays is an opportunity to create Sacred Space in which to Commune, Nurture, Share, and Play. Each month's gathering will center around a theme or question. Donation. Contact Mara at 905-7980; mara@evenstarschalice.com or evenstarschalice.com.

AIR: Elemental Altars Workshop Series with Evenstar's Chalice • Sunday, May 20, 5-8 p.m. • We will explore and move with the element of Air, and work with this element in your life and on your altar. $35 includes gift. Contact Mara at 905-7980; mara@evenstarschalice.com or evenstarschalice.com.

Full Moon Gathering: Celebrating Our Fullness with Sophia Unfolds • May 29, June 29, July 27, Aug. 26 • We come together to "Celebrate Our Fullness" as human beings, mark the rhythms of time in community, support one another on this great journey, and have a lot of creative fun. Donation. Contact Mara at 905-7980; mara@evenstarschalice.com or evenstarschalice.com.

Summer Solstice with Esther Kennedy • Sunday, June 17, 3-4:30 p.m. • The Summer Solstice awakens us to the light of summer rising out of the darkness and the cold of winter and the promise of Spring. It is the day of most light in the year and a very spiritual time. Gather with us as we open ourselves to the light of consciousness. Let it radiate through us with deep promise and hope that with love and care, all creation will flourish. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Summer Solstice with the Michigan Friends Center • Thursday, June 21, 6-9 p.m. • Celebrate the longest day with a potluck dinner followed by a bonfire. Bring food to share and your own place settings. Iced herbal tea and water will be provided. Bring something to share for the bonfire as well, such as a poem, story, song.

The Elemental Altar with Evenstar's Chalice • Sunday, July 8, 5-8 p.m. • The final session of our Elemental Altars Workshop Series. We will bring together the essence of the four elements and explore how to work with them in our lives and on our altars. You need not have attended the previous sessions. $35 includes gift. Contact Mara at 905-7980; info@evenstarschalice.com or evenstarschalice.com/happenings.

Japanese Soto Zen Full Moon Ceremony at Jissoji with Rev. Taikodo Marta Dabis • Friday, July 27, 7:30-8:30 p.m. • This Zen ceremony expresses and makes public our deepest intentions to bring forth our good hearts for the benefit of the world. No prior experience necessary. Everyone is welcome. Donations. Contact Marta at (248) 202-3102; jissojizen@gmail.com or jissojizen.org.

Ullambana Day Service • Sunday, Aug. 25, 11:30 a.m. • Rites and service for the dead to wish them a rightful place among the living and release them from suffering in their next rebirth. Prior consultation appointment necessary. Contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

Sunday Service at Interfaith Center for Spiritual Growth • Sundays, 10:45 a.m.-12:30 p.m. • The Interfaith Center for Spiritual Growth is a gathering of spiritual seekers that meets in its own beautiful building every Sunday to celebrate oneness with all beings, experience the power of group meditation, benefit from enlightening readers, enjoy guest musicians, and listen to talks that inspire and stimulate spiritual growth and understanding. There is a children's spiritual education program during the service each week and a monthly potluck following the service on the first Sunday of the month. Free. Contact Lauren at 327-0270; lauren.tatarsky@interfaithspirit.org or interfaithspirit.org.

Channeling

***"AllThatIs"* Guidance Group Workshop with Tammy Braswell • May 6, June 2, July 13, Aug. 12, 1-4 p.m. •** Ask a question of channeled higher wisdom to receive confirmation, clarity, and understanding tailored specifically to your life situations. Additional guidance may come from hearing other participants' questions and the channeled responses. Audio recording download is available. $98 through May, then $148. Contact Tammy at 252-6196; tammy@atiguidance.com or allthatis-guidance.com.

Evenings with Aaron Channeled by Barbara Brodsky • Wednesday, May 9, 7-9 p.m. • Open session with Aaron and Barbara Brodsky. Aaron gives a talk followed by a Q&A session. Talk will cover a variety of spiritual practices including Vipassana and Pure Awareness Meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sound, and Open Heart. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

– Shared Office Space Available –

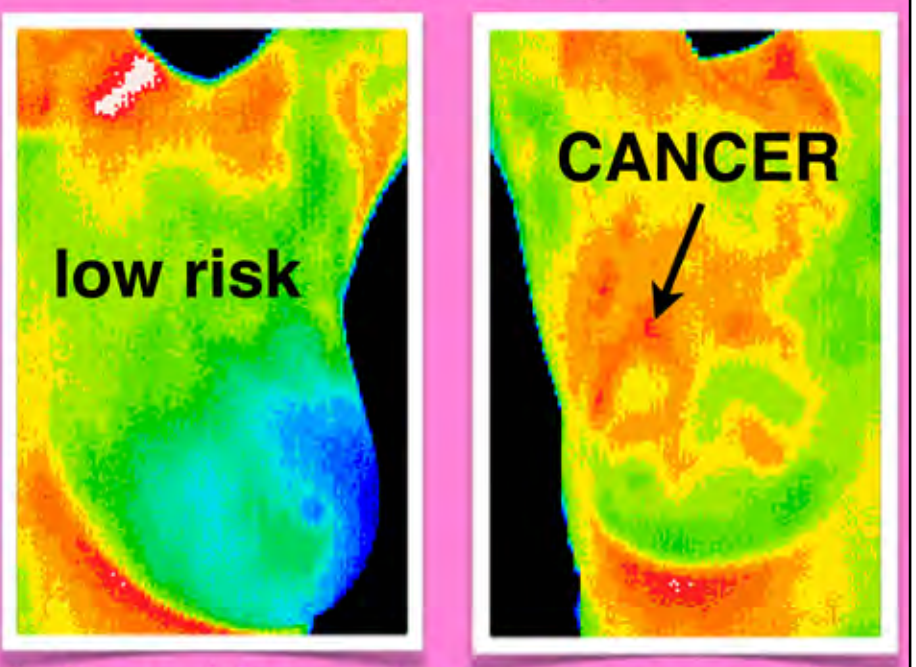
Ann Arbor's premiere holistic health and healing complex, The Parkway Center, is conveniently located at 2345 South Huron Parkway, just south of Washtenaw Avenue, with ample off-street lighted parking.

Main-floor suite is 170 square feet, and is fully furnished. Building hours are from 8:00 am to 9:00 pm Monday through Friday, and from 8:00 am to 8:00 pm on Saturday and Sunday. Health practitioners only, ideally suited for counseling and consultations.

Available 20 hours per week, $400 per month. Contact Cindy Klement at 734-975-2444 or by email at kimberlyforcindyklement@gmail.com

Protect your breasts: find problems early!

Cancer is hot: the cells are very active. With infrared pictures, doctors can find trouble early, sometimes earlier than mammograms. Gently and safely.



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Becoming a Licensed Naturopathic Physician

By Dr. Samm Pryce, N.D.

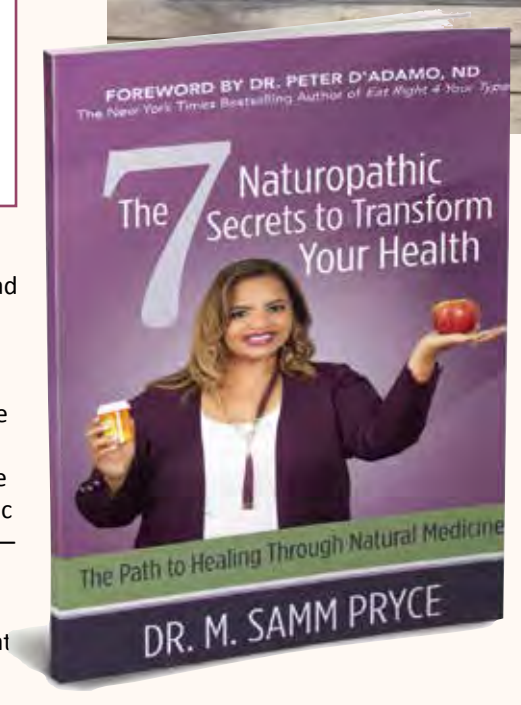
I knew that I wanted to be a doctor from a very young age. I got good grades, and I was very active in sports, clubs, and other extracurricular activities all throughout elementary, middle, and high school. West Point even came to recruit me, but I was dead set on going to Xavier University in New Orleans, Louisiana, because they were, and still are, number one in placing minorities in medical school.

I knew that college would be hard, so I buckled down even more and maintained my good grades while working two jobs. I received a scholarship and I was part of the Howard Hughes Biomedical Honors program. In my junior year, I had very little time to get from class to my job as a supervisor at Pizza Hut, so I would swing by a Smoothie King and get a plain strawberry smoothie. (Eating pizza got old very fast.) It was an important time for me because junior year is when students start applying for medical school. So, when I began to miss class because I was stressed and just not feeling well, I knew something was wrong. After I had missed three days of class, my friends convinced me to go to the ER. I was diagnosed with pneumonia and given a script. I went home and got worse. I was sleeping for at least 16 hours of the day. I could not keep food down, and I was too weak and tired to take a shower. My aunt came to check on me and I literally vomited the water that I was trying to drink in front of her — off to the ER again she carried me. This time the diagnosis was hepatitis A. I was shocked! I told the doctor that I was not promiscuous and that I had never done drugs (all what I thought were common causes for hepatitis). The "A" form, however, is caused not by drugs or sex, but by fecal contamination from food. I was the third documented case in New Orleans that year, and it had come from a bad batch of strawberries that were imported from Mexico and used in my smoothie.

The gastroenterologist I was sent to said that there was nothing that he could do — even after I begged and pleaded for any type of pill or surgery. I was *so* miserable! I was told that I just had to let my body heal itself and that it would take *months*. This was the all-important junior year, remember. I was devastated. If I did not go to class, I would not pass class, and if I didn't pass class, I would not get into medical school, and if I didn't go to medical school – I would NOT become a doctor. This is what I had been working toward my whole life!

I was the third documented case of hepatitis A in New Orleans that year, and it had come from a bad batch of strawberries that were imported from Mexico and used in my smoothie.

I was quarantined at my aunt's house, and I pretty much slept. My mother sent me a book about alternative treatments and natural medicine, and I read it cover to cover and asked my aunt to get me some of the items from the book. Within one to two weeks I felt well enough to go back to the doctor. He gave me clearance to go back to school and work, but dismissed the idea that I was better so fast due to the alternative methods and natural medicine that I had used. I knew in my heart that the alternative methods were the reason that I had healed so quickly — even though my doctor did not believe this. The back of the book actually included information about a naturopathic medical school and stated that it was a legitimate career option as a doctor — I fell in love!



It was my personal experience with healing myself with natural medicine that led me on my journey to become a licensed naturopathic physician.

It was my personal experience with healing myself with natural medicine that led me on my journey to become a licensed naturopathic physician.

I graduated from college, became a flight attendant, and then entered naturopathic medical school. Licensed naturopathic physicians attend a four-year post graduate medical school with clinical rotations. Students take board exams called the Naturopathic Physicians Licensing Examination (NPLEX). They take the first set, the basic science board exams, after their first two years, and then take the clinical board exams after they graduate in order to get their license to practice. Naturopathic physicians are currently licensed in 14 states, and many of those states recognize us as primary care physicians with prescription rights and the ability to take insurance. Currently in Michigan we are lobbying for licensure. (I met my soul mate after residency and moved here to join him and start our family.)

Right before I graduated, I rotated through the family medicine residency program at Jamaica Hospital in Queens, New York. After I graduated from medical school, I was honored to be chosen for the very first residency position offered by Dr. Peter D'Adamo (author of the *New York Times* best seller *Eat Right 4 Your Type*). This gave me the foundation of how I practice today. I use epigenetics (the study of how the expression of genes can be altered without altering the DNA) with nutrigenomics (how food can affect this). Basically, I educate my patients on how we can use food as medicine. I customize their diet based on their genetics.

In my 12 years of practicing I have found that this process takes time and it is a mind-shift to understand the relationship that food has on you both physically and mentally. Some food is good for you and some is not, even if it is a vegetable. Some

people do great with avocados or tomatoes, and some do not. In understanding the time that is required to really educate a patient on his or her dietary needs and aversions, I have developed my practice into a concierge model, which means that a patient and I work together to get to know his or her body and how to communicate with and support it. In this relationship, I serve as the teacher, educating the patient about what makes his or her body tick and not tick. My role as teacher fulfills one of the six principles of naturopathic medicine known as *docere* ("doctor" in Latin), which means "to teach." It is my responsibility to also teach patients how to stimulate their Vis (the vital force) or the body's natural ability to heal itself, also a naturopathic principle. The other principles that guide my patient care philosophy are:

- First, do no harm
- Treat the whole person
- Find the root cause
- Prevention

In understanding the time that is required to really educate a patient on his or her dietary needs and aversions, I have developed my practice into a concierge model, which means that a patient and I work together to get to know his or her body and how to communicate with and support it.

As a naturopathic physician I know that there are only three things that cause illness (whether it is a common cold or cancer). This concept was taught to my profession by Henry Lindlahr, the author of one of the cornerstone texts of American naturopathic medicine, *Nature Cure*. According to Lindlahr, there are three tenets of health:

1. Toxemia: the accumulation of morbid matter and waste
2. Abnormal composition of blood and lymph (lab work)
3. Decreased vital force (the body's inherent ability to heal itself)

If we can pinpoint the dysfunction in one of these three areas early enough, then we should be able to resolve *any* issue.

After finding myself repeating the same several things to my patients over and over, I finally decided to compile them into a book called *The 7 Naturopathic Secrets to Transform Your Health*, my first book. The text is a combination of what I have determined, over the last 12 years of seeing patients, to be the easiest and most important things that you can start today to have the biggest bang for your buck in terms of health, and transform your illness into wellness. It was my goal in publishing this book to bring this knowledge to a wider audience so that more people can live a happy, healthy, and vibrant life free of illness.

Dr. Samm Pryce is a licensed naturopathic physician and an expert in natural medicine. She helps patients bridge conventional and alternative medicine to transform illness into wellness. She can be found on social media at DrSammND, or contacted by email at drsammnd@gmail.com.

Channeling (cont.)

Remembering Wholeness - Darshan with The Mother channeled by Barbara Brodsky • Sunday, June 3, 3 p.m. • Energy sharing (darshan) with The Mother channeled through Barbara Brodsky. Darshan is an event in consciousness; as The Mother takes each person's hands and looks into his/her eyes there is an interaction between the human and the divine, which focuses and draws up the consciousness of the human. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

The Gathering with Karlta Zarley • Third Tuesdays, 7-8:30 p.m. • Come join us as we hear about the state of the world from a Higher Perspective and learn how to manage it more easily. Often there is an opportunity to ask Spirit questions, or there are personal messages for the participant. Suggested donation $10. Contact Eden at 904-0076; kzarley88@gmail.com or karltazarley.com.

Chanting

First Wednesdays Ann Arbor Kirtan at Kashi Nivas • 7-9 p.m. • Informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. Free. Donations welcome. Contact Kashi at 883-6947; kashi@kashinivas.org or kirtanannarbor.org.

Monthly Ann Arbor Kirtan at Friends Meeting House • Fridays, 7:30-9:30 p.m. • Informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. Free. Donations welcome. Contact Kashi at 883-6947; kashi@kashinivas.org or kirtanannarbor.org.

Guru Gita with Atmaram Chaitanaya • Saturdays, 10-11 a.m. • Devotional chant from the Skanda Purana on the esoteric significance of the guru and the guru-disciple relationship. Guests are invited to bring a small photo or murti of their guru to place on the altar during the program. Chanting books are provided. Free. Contact Atmaram at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Childbirth

Nourishing Baby - Breastfeeding Basics • Thursdays, May 10, June 21, Aug. 30, 6:15-8:30 p.m. • Clarify your goals and make a plan with your support team to increase your chances of breastfeeding success. Class will cover breastfeeding physiology, how to know your baby is getting enough, and what an optimal latch looks like. There will be time for questions. $80. Contact Katy at 288-7784; katy@sacredrootsservices.com or YpsiArborCBE.com.

Nurtured Mother, Baby, Family Three-week Series • Series begins Thursdays, May 10, June 21, Aug. 30, 6:15-8:30 p.m. • Often, so much time is spent preparing for childbirth that couples feel at a loss for what to do once the baby arrives. This class is designed to help families prepare for a healthy postpartum and a new normal. We will cover breastfeeding basics, developing secure attachment, and healthy transitions when adding another little person to your family. $175. Contact Katy at 288-7784; katy@sacredrootsservices.com or YpsiArborCBE.com.

DONA Postpartum Doula Workshop with Patty Brennan • Thursday-Sunday, May 17-20 • This course prepares you to provide excellent in-home care to families in the postpartum period. We will focus on breastfeeding support, babywearing basics, support strategies for depressed moms, holistic healing measures, working with families with multiples, and more. Fulfills two certification requirements for postpartum doulas through DONA International. $610; $550/early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Understanding Labor and Birth - Three Week Series • Series begins Thursdays, May 31, Aug. 2, 6:15-8:30 p.m. • Understand the basics of birth physiology. Learn comfort measures and how to make labor go well. We will cover what to expect at different birth locations, routine procedures, as well as discovering how to make the best decisions for you and your baby. $175. Contact Katy at 288-7784; katy@sacredrootsservices.com or YpsiArborCBE.com.

Understanding Birth and Baby - Six Week Series • Series begin Thursdays, May 31, Aug. 2, 6:15-8:30 p.m. • This childbirth preparation class includes all the information covered in our Understanding Labor and Birth and our Nurtured Mother, Baby, Family classes. $290. Contact Katy at 288-7784; katy@sacredrootsservices.com or YpsiArborCBE.com.

DONA Birth Doula Workshop with Patty Brennan • Friday-Sunday, June 22-24 • Become a professional birth doula at Michigan's premier doula training center. Learn from doula business expert, Patty Brennan. You do not need to be a mother yourself, or have a medical background to become a doula. This training is hands-on, skill based, and fulfills two certification requirements for birth doulas through DONA International. $535, $485/early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

On May 1, 2018, the Crazy Wisdom Calendar will be available on our website: www.crazywisdomjournal.com.

Childbirth (cont.)

Condensed Understanding Birth and Baby • Every other Saturday, 9 a.m.-1 p.m. • Three-part condensed version of the Understanding Birth and Baby class listed above. $115/Saturday, $290/all three. Contact Katy at 288-7784; katy@sacredrootsservices.com or YpsiArborCBE.com.

Breastfeeding Success for "World Breastfeeding Week" • Saturday, Aug. 4, 9 a.m.-1 p.m. • This one-time class will ask you to clarify your goals and reasons for making the choice to breastfeed. We will cover how to know your baby is getting enough milk, and what it looks like if they aren't, how to get an optimal latch, and avoid common pitfalls and needless pain, as well as how partners and families can support the breastfeeding relationship. $115. Contact Katy at 288-7784; katy@sacredrootsservices.com or YpsiArborCBE.com.

Breastfeeding Cafe Support Group • Fridays, 10-11:30 a.m. • The Breastfeeding center of Ann Arbor offers comprehensive and professional support services for breastfeeding mothers and babies. Free. Contact Barbara at 975-6534; barbara@bfcaa.com or bfcaa.com.

Children and Young Adults

Complete listings for children and young adults are found in the Events Calendar for Kids section on page 84. This section is devoted to events for children and young adults along with their families.

Mother's Day Fairy Tea at Crazy Wisdom • Sunday, May 13, 1 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical party on Mother's Day. Tea and treats will be served by fairies, followed by a story time and magic show in the community room. Fairy attire is encouraged. Tickets may be purchased at crazywisdom.net. No charge for children under 18 months. $11. Contact Jessica at jessicameyer@crazywisdom.net.

Tea with the Fairies at Crazy Wisdom • Thursday, Aug. 16, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical end-of-summer tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. $11. Contact Jessica at jessicameyer@crazywisdom.net.

Chronic Illness

Living Well with Illness with Janet Greenhut, Ryan Hart, and Idelle Hammond-Sass at Crazy Wisdom • June 30, 11 a.m.-3:30 p.m. • Workshop for people with any kind of chronic illness who want to increase self-awareness and understanding. Designed to help people explore and challenge accepted attitudes about chronic illness and consider new ways to foster resiliency. Contact Ryan at (814) 673-1496; livingwellwithillness@aol.com or livingwellwithillness.net.

Comedy and Fun

Defying Gravity with Swami Beyondananda • Sunday, May 13, 7 p.m. • Serious times call for serious laughter. Come see comic Swami Beyondananda as he helps you use levity to defy gravity. $20 in advance. $25 at the door. Contact Delyth at 327-0270; delyth.balmer@interfaithspirit.org or interfaithspirit.org.

An Evening of Cosmic Comedy with Swami Beyondananda • Saturday, May 19, 7 p.m. • Serious times call for serious laughter. Come see comic Swami Beyondananda as he helps you use levity to defy gravity. A benefit for Citizens for Peace. $20 in advance. $25 at the door. Contact Colleen at 425-0079; cmills0079@yahoo.com or citizens4peace.com.

A Course in Miracles

***A Course in Miracles* Study Group with the Interfaith Center for Spiritual Growth • Mondays 6:45-8:30 p.m. •** Join us as we read aloud the popular Foundation for Inner Peace metaphysical book, *A Course in Miracles,* and the Shanti Cristo companion, *The Way of Mastery*. Donations accepted. Contact Dave at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

***A Course in Miracles* Study Group with Randall Counts and Linda McDonough • Thursdays 12-1:30 p.m. •** All are welcome to study the non dualistic interpretation of *A Course in Miracles*. Free. Contact Randall at jrandallcounts@yahoo.com or Linda at 726-5467; lpmcdon79@gmail.com.

"When you have clarity of intention, ***the universe conspires with you*** *to make it happen."*

— Fabienne Fredrickson

Crystal Healing

Tools to Help Empaths with Jennifer Vanderwal • May 6, 11 a.m.-1 p.m. • Learn traits of an empath or highly sensitive person. Learn about using crystals, essential oils, smudge, and other tools an empath can use to help control sensitivity. $44. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Crystals 101 with Jennifer Vanderwal • May 13, 11 a.m.-1 p.m. • Learn why we resonate with crystals, how to identify them, how they work, and a variety of techniques on how to use them. A guided meditation on how they want to be used. $44. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Melody Crystal Healing Level One with Jennifer Vanderwal • June 3, 10, 11 a.m.-6 p.m. • Learn how to open and balance our chakras, about belief systems, how to construct crystal healing arrays, and shamanic journeying techniques. Certification after successfully completing levels one and two. $250. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Healing with Crystals One with Jennifer Vanderwal • June 24, 11 a.m.-1 p.m. • Learn about crystals that are beneficial for healing specific ailments. Discuss a variety of techniques on how and where to use them on our bodies and chakras. $44. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Healing with Crystals Two with Jennifer Vanderwal • July 29, 11 a.m.-1 p.m. • Expand your knowledge on using crystals to heal specific ailments, learn different techniques on how to use them on the meridians. Experience guided meditations and learn how to activate crystals. $44. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Working with Crystals to Balance Planetary Energies with Jennifer Vanderwal • Aug. 12, 11 a.m.-1 p.m. • Learn which crystals work with specific planets to help balance the effect planetary energies have on us. $44. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Death and Dying

Death Café with Merilynne Rush and Diana Cramer • Third Saturdays, 10:30 a.m.-12:30 p.m. in the Crazy Wisdom Tea Room • Eat cake, drink tea, and talk about death. This event has no agenda and participants guide the conversation. This is not a grief support group, but a way to further the cultural conversation about the one thing everyone has in common. Free. Contact Merilynne at 395-9660; support@lifespandoulas.com or lifespandoulas.com.

End-of-Life Doula Training and Certification with Merilynne Rush and Patty Brennan • Friday-Sunday, Aug. 3-5 • This dynamic workshop encompasses how to provide comfort and support to the dying person and their loved ones in the final days and weeks of life. Doulas provide resources, education, and companionship for the dying and their caregivers as they fill in gaps in hospice care and medical support systems. $565, $515 by July 3. Contact Merilynne at 395-9660; support@lifespandoulas.com or lifespandoulas.com.

Divorce Support

Cultivate Peace During and After Divorce with Melanie Fuscaldo • Tuesday, May 1, 2-3:30 p.m. • Cultivate inner peace using a process that focuses on the gifts in any situation. Find hidden blessings and move into joyful power. $30. Contact Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Dreamwork

Beginning Dream Circle with Dr. Faye Hall • Dates TBD • Starting up a dream circle to share dreams and thoughts between participants. Strict confidentiality will be observed. Educational components include dreamwork techniques and suggestions for various expressive modalities. Class will be limited to six participants. Contact Faye at (805) 223-0894; dr.faye.hall@gmail.com.

Drumming

Drummunity Circle with Lori Fithian • May 16, June 20, July 23, Aug. 16; 7 p.m. in the Crazy Wisdom Community Room • Get your hands on a drum and add your sounds and spirit to the community groove. All are welcome to join the circle. No experience necessary. Drums available. Free. Contact 426-7818; lorifithian@mac.com or drummunity.com.

Drum and Dance Jam with the Interfaith Center for Spiritual Growth • First Saturdays, 7:30-9:30 p.m. • Facilitated community drum circle; bring your own drum or use one of ours. $5 suggested donation. Contact Curtis at 327-0270; tesolcurtis@yahoo.com or interfaithspirit.org.

Energy Healing

Drop-in Energy Work with Simran Harvey • First and Third Sundays, 12-3 p.m. at Crazy Wisdom • Simran offers a clearing energy called the Advanced Pulse Technique that balances aspects of the mind, body, or emotions as old issues dissolve and happiness, comfort, abundance, and freedom emerge. Surrogate work available for young children or incapacitated adults. $1.50/minute. No appointment necessary. Contact Simran at 255-9533; astroenergywork@gmail.com.

EFT for Peak Performance with Melanie Fuscaldo • Wednesday, May 2, 12 p.m.-1:30 p.m. • Learn EFT to release energy blockages and to enhance health, career, abundance, retirement, relationships, and more. $30. Contact Melanie at 688-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Natural Spiritual Healing Course, Diploma Program with the Self Realization Meditation Healing Centre • Aug. 5-18 • Transform yourself and the lives of others - develop a healing practice, take healing skills and knowledge into your way of life and work, or take the course as part of a personal self-development program. Five weeks training over two years, including an independent assessment. $990 includes lunch. Bursary available. Contact the Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Chi Clinic with Samo Joanna Myers and Pastor Alexis Neuhaus • Monday-Friday, 2-3 p.m. • The Chi Clinic supports individuals in person or remotely, five times a week for an hour a day, to help them feel centered, rested, focused, and energized. $100/month (first week free). Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

School of Inner Cultivation and Healing with Master Sang Kim • Thursdays, 10:30 a.m.-12:30 p.m.; Fridays, 3:15-5:30 p.m. • The SUN SHEN Internal Cultivation and Healing System is an intimate, hands-on integrated approach which incorporates spiritual counseling, tai-chi, energy cultivation, and healing to resolve physical, emotional, and spiritual problems for oneself and others. $300/month. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Enneagram

Fours: You've Got a Point with Su Hansen • Tuesday, May 8, 7-9 p.m. • Fours sharing and exploring together what it means to move to your security point (one) and your stress point (two) and how you can relax your type structure in order to live more freely. $30. Contact Su at 417-8397; su@suhansen.com or suhansen.com.

Exercise and Fitness

You Don't Know Squat with Gwyn Jones at Crazy Wisdom • Saturdays, May 5, 19, 11:30 a.m.-1 p.m. • Did you know squatting is a natural movement that our bodies need to do and that squatting is for everybody? Do you realize that your posture, gait, hip, pelvic floor, and knee health require regular squatting? This workshop will focus on utilizing proper squat techniques in exercise and everyday life. $25/session. Contact Gwyn at (810) 734-9448; gwynjones04@gmail.com or gwynjonespilates.com.

Let's Roll with Gwyn Jones at Crazy Wisdom • Saturday, May 12, 11:30 a.m.-1 p.m. • This workshop is designed to teach you how to correctly roll on a foam roller and massage with therapy balls. Learn how to simply self-release your muscles, your tissues, fascia, and the stuck stress that is hidden in the nooks and crannies throughout our bodies. $25. Contact Gwyn at (810) 734-9448; gwynjones04@gmail.com or gwynjonespilates.com.

Festivals and Fairs

Michigan Pagan Festival • June 21-24 • Four-day festival with a variety of entertainment, workshops, authors, vendors, merchants, children's programs, a fire circle, drumming, and discussions. Open to all. Contact Morgana at 335-1046; michiganpaganfestival@gmail.com or mipaganfest.org.

Detroit Conjure and Folk Magic Festival • Aug. 10-11, 11 a.m.-7 p.m. • Come to the second annual Detroit Conjure and Folk Magic Festival. There will be authors, practitioners, spiritualists, rituals, rites, panels, and plenty of vendors. Contact Detroit Conjure at detroitconjure@gmail.com or detroitconjurefestival.webs.com.

Psychic Saturday Parties • Second Saturdays, 12-5 p.m. • Mini psychic fair with a variety of readers to explore, energy work sessions, snacks, and vendors. $3 admission. Sessions: $2/minute. Contact Amy at 358-0218; metafizzy@gmail.com or enlightenedsoulcenter.com.

*"Live intensely, **live totally, here and now.** Paradise is not some place somewhere. It is a peace within you."*

— Osho

Mindfulness with Paulette

Mindful Self-Compassion™

- Learn the skills of mindfulness and self-compassion
- Respond to difficult moments with understanding and self-care
- Develop emotional resilience and enhance emotional well-being

8 Tuesdays, May 29-July 17, 2018, 6:30-9 pm
Center for Innovation and Education, 400 W Russell St, Saline, MI 48176

Includes a Half-day retreat Saturday, June 30, 10-2 pm
Course fee: $400 ($200 for repeating participants)
Includes a workbook and guided-meditation

Free Informational Session Tuesday, May 22, 6:30-7:30 pm
CEs Available
Please register with Paulette.

5-Day Mindfulness-Based Stress Reduction Intensive

- Reduce Stress and Anxiety
- Improve Chronic Pain
- Improve Health and Well-Being

June 20-24, 9:30-3:30 pm, Lunch on own 11:45-1:15 pm

Center for Innovation and Education 400 W Russell, Saline, MI 48176
Includes All-Day Retreat June 23, 9:30-3 pm
Designed for those who cannot easily take an 8-week course
CEs Available

Course fee: $400 ($200 for repeating participants)
Includes a workbook and guided-meditation

Please register with Paulette

Paulette Grotrian, M.A., MBSR & MSC Instructor, experienced meditator and teacher. Trained with Jon Kabat-Zinn and colleagues, UMass, and Kristen Neff and Christopher Germer, UCSD. Founding member, Ann Arbor Center for Mindfulness.

Contact her at mindfulnesswithpaulette@gmail.com or 734-276-7707
www.mindfulnesswithpaulette.weebly.com

ann arbor center for mindfulness

Cultivating Mindfulness for Health and Well Being

Offering classes in mindfulness-based interventions, drop-in meditation sessions, retreats, presentations, workshops by nationally known teachers and researchers, and support to teachers of mindfulness-based interventions.

Upcoming events:

Spring/Summer Classes now enrolling: 5-Day Mindfulness-Based Stress Reduction (MBSR) Intensive, 8-Week Mindful Self-Compassion, and 8-Week Mindfulness-Based Cognitive Therapy (for age 60 plus)

Summer All-Day Retreat, June 3, 2018, 10 am – 4 pm. Registration open.

Fall Workshop on Mindfulness-Informed Trauma with Trish Magyari, Oct 20, 2018

Fall All-Day Retreat with Trish Magyari, Oct 21, 2018

For more information or to register, go to our website: www.aacfm.org

Karlta Zarley, RN, CHTP
Certified Healing Touch Practitioner

- Healing Touch Energy Work
- Multidimensional, Intuitive and Transformational Healing
- Essential Oils Consults
- Spiritual Direction
- Flower Essence Master Formulas
- Workshop & Retreat Facilitator

Karlta Zarley, RN, CHTP
210 Little Lake Dr., Suite 7
Ann Arbor, MI 48103
734.761.5908
www.karltazarley.com

Step into Who You Really Are

Film

Free Films and Discussion at Jewel Heart • Fridays, 7-9 p.m. • Enjoy a film followed by discussion about dharma and film. Free. Concessions available. Contact Jewel Heart at 994-3387; annarbor@jewelheart.org or jewelheart.org.

May 25 • ***The Big Lebowski (1998)*** **•** "The Dude" Lebowski, mistaken for a millionaire Lebowski, seeks restitution for his ruined rug and enlists his bowling buddies to help. The Coen brothers' masterpiece marks 20 years since it first hit the theaters. Roshi Bernie Glassman wrote a book about it called *The Zen of the Dude.*

June 29 • ***Heal (2017)*** **•** A documentary film that takes us on a scientific journey where we discover that by changing one's perceptions, thoughts, beliefs, and emotions, the human body can heal itself from disease.

July 27 • ***Knowledge of Healing (1997)*** **•** This documentary is an illuminating examination of Tibetan medicine, which has developed over two millennia into an amazingly successful method of healing. In the 12th century, the Gyushi (Knowledge of Healing) was created, the Dalai Lama argues for the value of Tibetan medicine, while his personal physician Dr. Tenzin Choedrak describes the principles behind it.

Aug. 24 • ***Perfect Sense (2011)*** **•** A chef and a scientist fall in love as witnesses to the end of the world--strangers who form a desperate romantic connection in the face of an apocalyptic epidemic that begins to rob people of their sensory perceptions.

Fundraisers

Friends of the Ann Arbor District Library Book Sale • May 19, 10 a.m-4 p.m.; May 20, 1-4 p.m. • Special sale featuring some of our nicest and rarest books. Reception at AADL May 18 to celebrate the 65th anniversary of the Friends. Free. Contact Melanie at 302-7774; melaniebaldwin89@gmail.com or faadl.org.

Grillin' for Food Gatherers • Sunday, June 10, 3-8 p.m. • A picnic with a purpose. Grillin' features live music, food from more than 50 local restaurants, beer and wine, a silent auction, and children's activities. $75/adults; $10/child. Contact Food Gatherers at 761-2796; info@foodgatherers.org or foodgatherers.org/grillin.

Friends of the Ann Arbor District Library Bag Sale • July 14, 10 a.m-4 p.m.; July 15, 1-4 p.m. • Come fill a bag with books! Feel free to bring your own bag, or take one of ours! Donation of bags always welcome. $4/small, $5/large, $10/giant Ikea bag. Free. Contact Melanie at 302-7774; melaniebaldwin89@gmail.com or faadl.org.

Healing

Healing from Blame, Shame, and Guilt with Karlta Zarley at Crazy Wisdom • Saturday, July 28, 1-3 p.m. • Come learn how these are used in society and why. Then learn to release yourself from their influence so that you can be free at heart. $30. Contact Prachi at 417-5804; cprachi17@gmail.com.

D.O.V.E (Divine Original Vibration Embodiment) Workshop with Karen Greenberg • Fridays, May 4, 11, 18; or June 15, 22, 29; or July 13, 20, 27; or Aug. 3, 10, 17 • Learn to identify and repattern your client's limiting beliefs, thoughts, and attitudes. Assist your client in expressing any commensurate low-vibrational emotions using multiple methods. If Fridays do not work for you, special arrangements can be made. $777/three-class session. Materials Free. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Drop-in Healing Night-Reiki Share • First Mondays, 7-9 p.m. • Practitioners of body work, energy work, medical intuition, and other alternative healing modalities are welcome to offer their services while those seeking healing are invited to drop in. The goal of this evening is to help people feel better affordably, as well as to provide an opportunity for those who have been trained in a healing modality to practice their talents. Donation. Contact Amy at 358-0218; metafizzy@gmail.com or enlightenedsoulcenter.com.

Healing Night with the Lighthouse Center • Second Thursdays, 7:30-9 p.m. • Meditation followed by Reiki healing. Love offering. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

The Weekly Word for Healing and Ascension Blog with Eve Wilson • Fridays • Practical and spiritual support for riding the waves of change on planet Earth with skill. The latest information and tools for responding effectively and finding joy, ease, and confidence in the process - a hopeful way to finish your week. Free. Contact Eve at 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Herbs, Plants, and the Garden

Foraged Supper at Strawbale Studio with Deanne Bednar • Saturday, May 19, 2:30-7:30 p.m. • Foraging class with a meal. We'll roam the land, harvesting edible wild plants and mushrooms. Then we'll make supper with what we find. Learn plant ID, qualities, uses, and experience our outdoor Rocket Cooker. Bonfire after. $50. Contact Deanne at (248) 236-5432; strawbale.programs@gmail.com or strawbalestudio.com.

Joy of Foraging - Wild Edible Plants and Mushrooms with Deanne Bednar and Kelly Theide • Sunday, May 20, 1-5 p.m. • Enjoy a day in the woods and fields. We will find, ID, and discuss the uses of wild edible plants and mushrooms. $35. Contact Deanne at (248) 236-5432; strawbale.programs@gmail.com or strawbalestudio.com.

Great Lakes Herb Faire • September, 7-9 • Fourth annual weekend-long conference about herbal medicine taking place in Chelsea. Well-seasoned herbalists including Guido Mase, Jim McDonald, and Esstin McLeod will teach dozens of classes throughout the weekend. Family friendly event. Entertainment, food, and vendors. $85-195. Contact Anna at 395-5868; info@greatlakesherbfaire.org or greatlakesherbfaire.org.

Holistic Health

Heightening Your Vibration: Alchemy with Karen Greenberg • Sunday, May 27, 12-8 p.m. • Learn a myriad of tools and techniques to raise your vibration and sustain it. Tools include sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, personal prayers, gratitude, breathing, drumming, movement, and many more. $125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Introduction to Pal Dan Gum Qigong with Dr. Antonio Sieira • May 16, June 20, July 18, Aug. 15, 6-8 p.m. • Learn the eight silken movements used for thousands of years to promote radiant health and cure diseases. A moving meditation where the body learns to move in a mindful and graceful way that releases stress, clears the mind, and re-energizes the body. $40/two-hour sessions. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

CBD 101 with Blue Sage Health • Third Saturdays • CBD is a compound that research has shown to have analgesic and anti-inflammatory properties and has been found to help with ailments such as pain, fatigue, sleeping disorders, depression/anxiety, blood sugar imbalances, and much more. We will discuss all the different ways it can be used and how you can benefit from daily supplementation. Presentation followed by a question and answer session with our expert CBD Consultant Julie. $10-$25 donation. Contact Julie at events.bloomcc@gmail.com or bluesagehealth.com.

Sound Healing Concerts with John Steinbauer • Sundays, 7-9 p.m. • Experience a sound healing concert with John Steinbauer, including Reiki, hypnotic music soundscapes, and rare, therapeutic crystal singing bowls tuned to the chakras. The sound reconnects your heart with your mind and takes you on a healing journey. $20. Contact Amy at 358-0218; metafizzy@gmail.com or enlightenedsoulcenter.com.

Cannabis Classroom 101 with Bloom City Club • Third Sundays, 6:15-7:15 p.m. • Cannabis Curious? Cannabis is a safe and effective medicine that is becoming widely accepted in medical communities around the world. Each month's event will cover a different topic to explain the benefits of cannabis and dispel the myths that plague its acceptance. Snacks provided. Suggested donation $10-25. Contact Bloom City Club at 585-0621; events.bloomcc@gmail.com or bloomcityclub.com.

Women Grow Networking Event with Bloom City Club • First Thursdays • Women Grow events connect curious newcomers with established cannabis professionals. Each local event offers a supportive networking environment and educational speakers designed to ignite your passion for the cannabis industry. $25-40. Contact Bloom City Club at 585-0621; annarbor@womengrow.com.

Integrative Medicine

Mindful Self-Compassion with Paulette Grotrian • Tuesdays, May 22, 29, 6:30 p.m. • MSC combines the skills of mindfulness and self-compassion, providing a powerful tool for emotional resilience. Mindfulness is the first step in emotional healing, and self-compassion involves responding to difficult thoughts and feelings with kindness and understanding so that we soothe and comfort ourselves when we're hurting. Being both mindful and compassionate leads to greater ease and well-being in our lives. $400. Scholarships available. Contact Paulette at 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

On May 1, 2018, the Crazy Wisdom Calendar will be available on our website: www.crazywisdomjournal.com.

Imagine Fitness and Yoga *offers a variety of yoga classes, from beginner to advanced. They specialize in helping those new to yoga get started. Classes focus on a triad of strength, flexibility, and balance. For more information on their fitness and yoga offerings, visit their website at www.imaginefitnessandyoga.com.*

Intuitive and Psychic Development

Drop-In Intuitive Readings with Marcella Fox • Second and Fourth Sundays, 12-3 p.m. at Crazy Wisdom • $1.50/minute. No appointment necessary. Contact 734-717-8513.

Drop-In Readings with Marg Heeney • Second and Fourth Fridays, 6:30-9:30 p.m.; First and Third Saturdays, 12-3 p.m. at Crazy Wisdom • $1.50/minute. No appointment necessary. Contact Marg at 615-415-0652; margheeney@gmail.com

Teleconference: Psychic Psychology Women's Group with John Friedlander • Tuesdays, May 1, June 5, July 3, Aug. 7, 8-9 p.m. • For women only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. $10. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Focused Mind Meditation with John Friedlander • Sundays, May 6, June 3, July 1, Aug. 5, 9 a.m.-12 p.m. • Each participant will leap ahead with his/her spiritual abilities and make an excellent start in developing sustained focused attention so valuable in developing both abilities and character. $15. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Clearing Energy Levels Where Emotions Transition into Physicality with John Friedlander • Wednesdays, May 16, June 20, July 18, Aug. 15, 8-9 p.m. • Meditation exercises releasing/clearing energies in the levels of the aura. $12.50 Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Kundalini Meditation and Clearing with John Friedlander • Tuesdays, May 22, June 26, July 24, Aug. 21, 8-9 p.m. • Channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using your own kundalini to increase power and clarity. $12.50. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Summer Webinar/Teleconference: Exploring Core Techniques and Advanced Material with John Friedlander • Thursday and Friday, July 26, 27, 7-9 p.m., Saturday and Sunday, July 28, 29, 10 a.m.-12 p.m. and 2-4 p.m. • New material introduced with continued development of advanced material and core techniques seeking a natural sense of skills in a practical everyday life. Prerequisite: Level One Psychic Development class, CD set, or permission from the instructor. $275. Contact Gilbert at gchoud@yahoo.com or psychicpsychology.org.

Psychic Development - Discovery with Heidi • Wednesdays, May 9, 16, 23, 30, 7-8:15 p.m. • It's never too late to develop the natural gifts you were born with. Learn how to elevate and trust your intuition through meditation and hands-on exercises using crystals, scrying, aromatherapy, and more. This class is designed to raise your vibration and start you off on the path of self discovery. $80/Plymouth-Canton residents; $90/non-resident. Contact Heidi at 788-6478; heidi@crystalmoonparanormal.com or crystalmoonparanormal.com.

Raise Your Vibration Psychic Circle with Heidi • Every other Thursday, 7-8:15 p.m. • Study and practice a variety of techniques to raise and maintain a high vibration, without major commitment or cost. Because space is limited, and topics are voted on in advance, you must join the mailing list in order to receive the schedule. $10-$15. Contact Heidi at 788-6478; heidi@crystalmoonparanormal.com or crystalmoonparanormal.com.

Intuition Development Eight-week Class with Amy Garber • Fridays, 7-9 p.m. • Everyone has intuition or a "sixth sense" that helps them make decisions, avoid pitfalls, generate ideas, and solve problems in life. It just needs to be acknowledged, practiced, and trusted. In this class, learn the ways intuition comes to us and how to enhance your connection to this "inner GPS". $200. Contact Amy at 358-0218; metafizzy@gmail.com or metafizz.org.

Kabbalah

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • Evening Course begins Tuesday, May 1, 7-10 p.m.; Daytime Course begins Wednesday, May 9, 10:30 a.m.-1:30 p.m. • Three-hour workshop meets once a month for about a year. An ordered, systematic approach to develop and balance all the important areas of life. Turn resistance energy into creative energy. Monthly rates: $137/person general session; $150/person two-person session; $120/hour private session. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Human Energetic Development Online Lecture with Kiera Donna Laike • Tuesdays, May 1, June 5, Aug. 7, 7-9 p.m. • All are welcome at the One Cause Foundation's monthly lecture providing public education on Human Energetic Development. The evening brings awareness that the one cause is for humans to energetically evolve with the Milky Way Galaxy. Donation. Contact Sarah at (947) 282-6120; info@theonecause.org or theonecause.org.

New Kabbalah Pathworking Course with Karen Greenberg • Begins Thursday, May 17, 10 a.m.-1 p.m. • Authored by Karen Greenberg with Artistic Archetypal Renditions by Ruthie Basham. These powerful archetypes, along with the twenty-two Hebrew letters, connect the ten spheres in the Tree of Life. Integrate these archetypes and letters into the subconscious and be able to access them for all problems. Monthly rates: $137/person general session; $150/person two-person session; $120/hour private session. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

"The secret to happiness is freedom...
And the secret to freedom is courage."

— Thucydides

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Love and Relationships

Kabbalah for Couples with Karen Greenberg • Begins Sunday, May 6, 1-3 p.m. • Not couples therapy, but for good relationships that both parties are willing to improve. Two-hour sessions, once a month, for about a year to allow couples to get more work done over a shorter amount of time. $205/session if either participant has taken Beginning Kabbalah. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Creating Your Ideal Mate with Karen Greenberg • Sunday, May 6, 3-8 p.m. • Identify your ideal mate's qualities and enhance these with the richness of group input. Learn how to use ceremony, meditation, chants, movement, and more to remove blockages, work through fears and issues, and learn to trust the Divine Order and Timing. $125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Loving Kindness Toolkit with Melanie Fuscaldo • Wednesday, May 2, 2-3:30 p.m. • Learn strategies to increase loving kindness in your life in a supportive atmosphere. $30. Contact Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Massage Therapy

Massage School Visits • Wednesdays, May 2-Aug. 29 • Visit our established State Licensed School to learn about our program, get a feel for the teaching atmosphere, and check out pertinent factors such as cost, schedule, and teacher bios. Free. For other dates, contact Mary at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Meditation

Mastering Meditation with Kapila Castoldi at Crazy Wisdom • Saturdays, June 2, 9, 16, 23, 3-5 p.m. • Four-week introductory Meditation series offered by the Sri Chinmoy Centre. Topics include quieting the mind, relaxation, breathing, chanting techniques, meditations on the heart, exploring a meditative lifestyle, awakening inner awraeness, bridging the inner and outer world. Free. Contact Kapila at 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Meditation in Everyday Life with Melanie Fuscaldo • Tuesday, May 1, 12-1:30 p.m. • Learn strategies to bring your meditation into everyday life, increase your equanimity, peace and the inner harmony. $30. Contact Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Mindfulness One: Creating Space with Jewel Heart Instructors • Wednesday, May 2, 7-8:30 p.m. • Meditation provides us with a clear stable mind, necessary for a happy life and the foundation for deepening our spiritual journey. This course offers hands-on experience with the basic elements of meditation using breath, posture, and techniques for coping with distractions and laxity of the mind. $80. Members and educators free. Contact Jewel Heart at 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Meditation Sessions with Jewel Heart • Sundays, 8:30-9:30 a.m. • Facilitators provide basic guidance in concentrated meditation. Participants will use the breath as a point of focus. Open to all levels of experience. Free. Contact 994-3387; programs@jewelheart.org or jewelheart.org.

Pure Meditation Course with the Self Realization Meditation Healing Centre • May 12, 18; June 16; Aug. 18, 3 p.m. • Find inner peace. Of value in all walks of life. Helps you to be in charge of how you feel. Takes only a few minutes everyday. $60. Bursary may be available. Contact the Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Pure Meditation Evening Course with the Self Realization Meditation Healing Centre • May 8, 15, 22, 29 • Find inner peace. Of value in all walks of life. Helps you to be in charge of how you feel. Takes only a few minutes every day. $80/four sessions. Contact the Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Days of Mindfulness with Esther Kennedy • Saturdays, May 12, June 2, July 7, Aug. 4, 10 a.m.-2:30 p.m. • Monthly gathering focusing on different topics each month to deepen community understanding and commitment to daily meditation practice. $25 includes lunch. $10 nonrefundable deposit required with registration. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Jissoji Zen Ann Arbor Meditation with Taikodo Marta Dabis • Sundays, May 13, 27; June 10, 24; July 8, 22; Aug. 12, 26. • Zazen – zen meditation – followed by fellowship over lunch. Please arrive early. Orientation and introduction to meditation forms available by request. Donations appreciated. Everyone welcome. Contact Marta at (248) 202-3102; jizzojizen@gmail.com or jissojizen.org.

Introductory Zen Meditation Course with Zen Buddhist Temple • Five Thursdays beginning May 24, July 12, 6:30-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160. $120/unemployed. Contact Zen Buddhist Temple at 761-6520; annarborzentemple@gmail.com or zenbuddhisttemple.org.

Overnight Introductory Meditation Course with Zen Buddhist Temple • Friday-Saturday, July 20-21 • Geared towards out-of-towners or those who cannot make the Thursday night services, this overnight meditation practice is to introduce participants to meditation. $160. $120/students or unemployed. Includes accommodation and breakfast. Contact Zen Buddhist Temple at 761-6520; annarborzentemple@gmail.com or zenbuddhisttemple.or

All Day Meditation Retreat with the Ann Arbor Center for Mindfulness • Sunday, June 3, 10 a.m.-4 p.m. • This day of mindfulness is an opportunity to slow down, get off the grid, refresh, and renew. This day of practice includes sitting, walking, and eating meditation and is mostly in silence. Appropriate for experienced meditators. $40. Contact Paulette at 276-7707; mindfulnesswithpaulette@gmail.com or aacfm.org.

Day of Meditation with Jewel Heart • Saturdays, June 16, Aug. 11, 8:30 a.m.-6 p.m. • Meditation is an essential tool that helps develop peace and joy as well as the power to deeply understand wisdom. This day of meditation, open to all experience levels and offered according to the Tibetan Buddhist tradition, will include practice sessions with light guidance. Free. Contact Jewel Heart at 994-3387; annarborregistration@jewelheart.org.

A Day of Solitude and Meditation Practice led by Carol Blotter • Sunday, June 17; Saturday, Sept. 29, 9 a.m.-4p.m. • This retreat is an opportunity to enjoy the quiet of the country while practicing sitting and walking meditation. Beginners will have break-out instruction while experienced meditators can be in silence all day or anywhere in between. This retreat is a fundraiser for the Michigan Friends Center. Suggested donation $30. Pre-registration requested. Contact Carol at 475-0942; cb.meditate@gmail.com or mfcenter.org.

Meditation and Inquiry Retreat, Diamond Approach Way with Lou Weir • June 22, 23 • A nonresidential retreat practicing meditation and inquiry using the Diamond Approach method. The theme of the retreat will be strength and aliveness on the spiritual path. Open to new students. $125. Contact Lou at diamondworkmichigan@gmail.com or diamondworkmichigan.org.

Day of Mindfulness with Paulette Grotrian • Saturday, June 23, 9:30 a.m.-3 p.m. • This is a day of slowing down, being off the grid, refreshing, renewing, and healing. Practices will include guided meditations, walking meditations, mindful eating, inquiry, and inspiration. $30. Contact Paulette at 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Metta Meditation with Karlta Zarley • Saturday, June 23, 1-3 p.m. • Come join us as we learn about the personal and the universal value of Metta meditation. What it is, how to do it, and how the energetics of it manifest in the world and in our hearts. We will have time to practice this valuable addition to our meditation practice at the end. $30. Contact Prachi at 417-5804; cprachi17@gmail.com.

Pure Meditation Course including Raja-Kriya Yoga with the Self Realization Meditation Healing Centre • June 29 - July 5 • This is the ultimate course for the whole being. Realize the God-Within and bring love, peace, joy, and fulfillment to all aspects of your life. It can help you learn how to master your mind and energies in today's challenging world. Contact the Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Myriad of Meditations with Karen Greenberg • Sunday, July 8 or Aug. 5, 10 a.m.-8 p.m. • Learn a myriad of meditation techniques and discover which ones resonate with you. $125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Sunday, Aug. 12, 1-8 p.m. • Learn to travel safely to the planets associated with the Ten Sephirot (Spheres) in the Tree of Life. Become more deeply connected with ten different aspects of G-D and learn how to connect to the different energies of each aspect. $125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Sunday Online Meditation with Celeste Zygmont • Sundays, 11 a.m. • Live streaming Sunday meditation. All you need is a willingness to observe with kindness the expressions of the self and be open to ever-present pure awareness. You must sign up for the email list to get the weekly link to join. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Mindfulness Meditation and Discussion with Awaken Ann Arbor • Sundays, 2-4 p.m. • Weekly guided group meditations are followed by a themed discussion. This student-based group welcomes all backgrounds and experience levels. Free. Contact Annabel at (248) 872-5987; asolemke@umich.edu.

Sunday Candlelight Meditation and Healing with the Lighthouse Center • Sundays, 6-7:15 p.m. • Candle lighting, Sanskrit chanting, meditation, affirmations, visualization, and healing circle. Reiki healing is available. Love offering. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Being in Tune: Mindfulness Meditation at The Ark with Mindful City Ann Arbor • Tuesdays, 12-12:30 p.m. • Thirty minute meditations. This practice has no religious affiliation. Appropriate for beginners or experienced meditators. Free. Contact Lynn at 332-3365; lynnsipher@gmail.com or mindfulcityannarbor.org.

Drop-in Meditation with Atmaram Chaitanya • Tuesdays, 7:30-9:30 p.m. • Meditators from all backgrounds can share in the collective synergy of group meditation. Begins with chanting and a 20-minute silent meditation, followed by group discussion or contemplation. Concludes with refreshments and social time. Free. Donations welcome. Contact Atmaram at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Mindfulness Two: Four Foundations of Mindfulness with Jewel Heart • Wednesdays, May 30; June 6, 13, 20, 27; July 4, 18, 25, 7-8:30 p.m. • Becoming more aware of our thoughts, feelings, and sensations through meditation opens the door to understanding the nature of our mind and how it influences our experience. While this course is open to all, it is recommended to follow Mindfulness One - Clarity and Insight through Meditation. Free. Contact Jewel Heart at 994-3387; annarbor@jewelheart.org.

Siddha Yoga Satsang: Chanting and Meditation with Siddha Yoga Meditation Center • Thursdays, 7-8:30 p.m. • Please join us for an evening including a reading, video, or audio teaching. Then we chant and meditate. All are warmly invited. Free. Contact Dunrie at 276-0318; symcannarbor@gmail.com or symcannarbor.org.

Ann Arbor Open Meditation with Libby Robinson and others • Thursdays, 7:30-8:30 p.m. • Drop-in secular mindfulness meditation session suitable for those with and without meditation experience. Format is two 20-minute sittings, the first guided and the second silent; some discussion and Q&A in between. No registration required. Donation requested. Contact Libby at 476-3070; libbyrobinson7@gmail.com or aaopenmeditation.com.

Meditation Overlooking the Garden with Carole Caplan • Fridays, 10-11 a.m.; Sundays, 8-9 a.m. • Nurture inner peace and happiness. Includes instruction and practice. $8/class if you mention this listing. Contact Carole at (847) 922-9693; carolecaplan@livebychoice.com or livebychoice.com.

Ypsilanti Open Meditation with Joya D'Cruz and others • Fridays, 11 a.m.-12 p.m. • Secular mindfulness drop-in meditation session, open to beginners and experienced practitioners wishing to support their practice. Two 20-minute sittings, the first guided, the second silent. We also offer a day-long retreat once or twice a year. Free. Contact Joya at 219-2555; dcruzjoya@gmail.com.

Intensive Meditation with the Lighthouse Center • First and Third Fridays, 7-10:15 p.m. • Chanting and prayer, followed by meditating for 20 minutes on each of the seven chakra energy centers. May join or leave meditation at any time. A deep cleansing and renewal to supplement your meditation practice. Love offering. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Learn to Meditate with Nirmala Nancy Hanke • Second Saturdays, 4-6:30 p.m. • Participants will learn how all meditations are good and thoughts are an essential part of the process. Talk followed by 20-minute meditation experience with a mantra. Vegan snacks after meditation. Register one week in advance. $35, $25/students, $15/repeaters. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

"The mind is like water. When it's turbulent, it's difficult to see. ***When it's calm, everything becomes clear."***

— Prasad Mahes

The Mindfulness Meditation System™ with Dr. Antonio Sieira • Appointment Only • A trademarked system of breathing, balance, flexibility, and mental focus/concentration designed to create a "mind-body" meditative experience. Learn powerful techniques to go deeper faster. $49.95/new students. $15/repeat students. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Open Mindfulness Meditation Practice with Dr. Antonio Sieira • Most Tuesdays and Thursdays, 6-7:30 p.m. • Calm your mind and come into peace. Includes Mindfulness, Tibetan Singing Bowls, Metta Meditation, discussion of philosophy, science, and spiritual basis of meditation. $15/class or $60/six classes. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Group Singing Bowl Bath with Dr. Antonio Sieira • May 15, June 12, July 17, Aug. 14, 6-7:30 p.m. • Experience sound and vibrations from 21 bowls to promote health, spiritual well-being, and illness prevention. Free blocked up energy, calm the mind, delight the body and the emotions, as you bathe in the rich harmonics of the individual voices of these beautiful bowls. $20. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Saturday Silent Meditation with Triple Crane Monastery • Saturdays, 8:30 a.m.-12:30 p.m. • Start with 30 minutes of stretching and three 50-minute sets of sitting meditation with ten minutes of walking in between. Free. Contact Winnie at 757-8567; triple.crane@huayenworld.org or www.huayenworld-usa.org/usa/en

Movement and Dance

Argentine Tango with Amigos Del Tango • Sundays, 1-4 p.m.; Wednesdays, 7-10 p.m. • Beginner social Argentine Tango dance classes--no partner needed. $10-15. Contact Matthew at amigosdeltango1@gmail.com or amigosdeltango.com.

Dances of Universal Peace with Judy Lee Trautman and Drake Meadow • First Fridays, 7-9 p.m. • Originated in the '60s in San Francisco by Sufi teacher Samuel Lewis to celebrate the world's religions through simple folk dance steps. The dances, a form of moving meditation, require no partner or experience. $5 donation. Contact Judy at (419) 475-6535; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org.

Music, Sound & Voice

Cafe 704 Concert Series with the Interfaith Center for Spiritual Growth • Saturdays, 8-10 p.m. • Local music showcase and benefit held monthly at the Interfaith Center featuring an eclectic line-up of the best roots, folk, world, blues, ensemble singing, and jazz in Ann Arbor. Refreshments and treats available for sale. $8, $15/couples. Contact Delyth at 327-0270; cafe704@gmail.com or interfaithspirit.org/cafe-704-coffeehouse/.

Integrative Breathwork with Linda Adamcz • Saturdays, May 12, June 9, July 14, Aug. 11, 2-5 p.m. • A musical journey for insight, emotional healing, creativity, and renewal. Can assist with life changes, grief/loss, job stress, burnout, trauma/abuse, depression, addictions, and finding meaning and purpose. $40. Contact Linda at (269) 388-2988; lindaadamcz@gmail.com or adamczassociates.com.

Integrative Breathwork with Linda Adamcz • Fridays, May 18, June 22, July 27, Aug. 17, 7-9 p.m. • A musical journey for insight, emotional healing, creativity, and renewal. Can assist with life changes, grief/loss, job stress, burnout, trauma/abuse, depression, addictions, and finding meaning and purpose. $30. Contact Linda at (269) 388-2988; lindaadamcz@gmail.com or adamczassociates.com.

Integrative Breathwork with Linda Adamcz • Saturdays, May 19, June 23, July 28, Aug. 18, 10 a.m.-5 p.m. • A musical journey for insight, emotional healing, creativity, and renewal. Can assist with life changes, grief/loss, job stress, burnout, trauma/abuse, depression, addictions, and finding meaning and purpose. $75. Contact Linda at (269) 388-2988; lindaadamcz@gmail.com or adamczassociates.com.

Meditation Concert of Sacred Chant with Norma Gentile • Saturday, June 23, 8 p.m. • Norma brings her voice, Tibetan bowls, and a few musical friends together in an evening of medieval chants by Hildegard and songs that arise spontaneously from the combined meditational energies of those present in the room. These improvised songs are particularly potent for healing and transformation, as they arise out of the connection between Norma's guides and your own guides. Suggested donation, $20. Contact Delyth at 327-0270; office@healingchants.com or healingchants.com.

Voice Lessons for Non-Singers and Singers with Kathleen Moore • Tuesdays, 6-7 p.m. • Beginning level: learn to listen, hear, and match. Learn to understand your voice as the musical, physiologic, mind-body instrument that it is. $25/group session. Contact Kathleen at 668-8146; kathymooremusic@gmail.com or moore-voice.com.

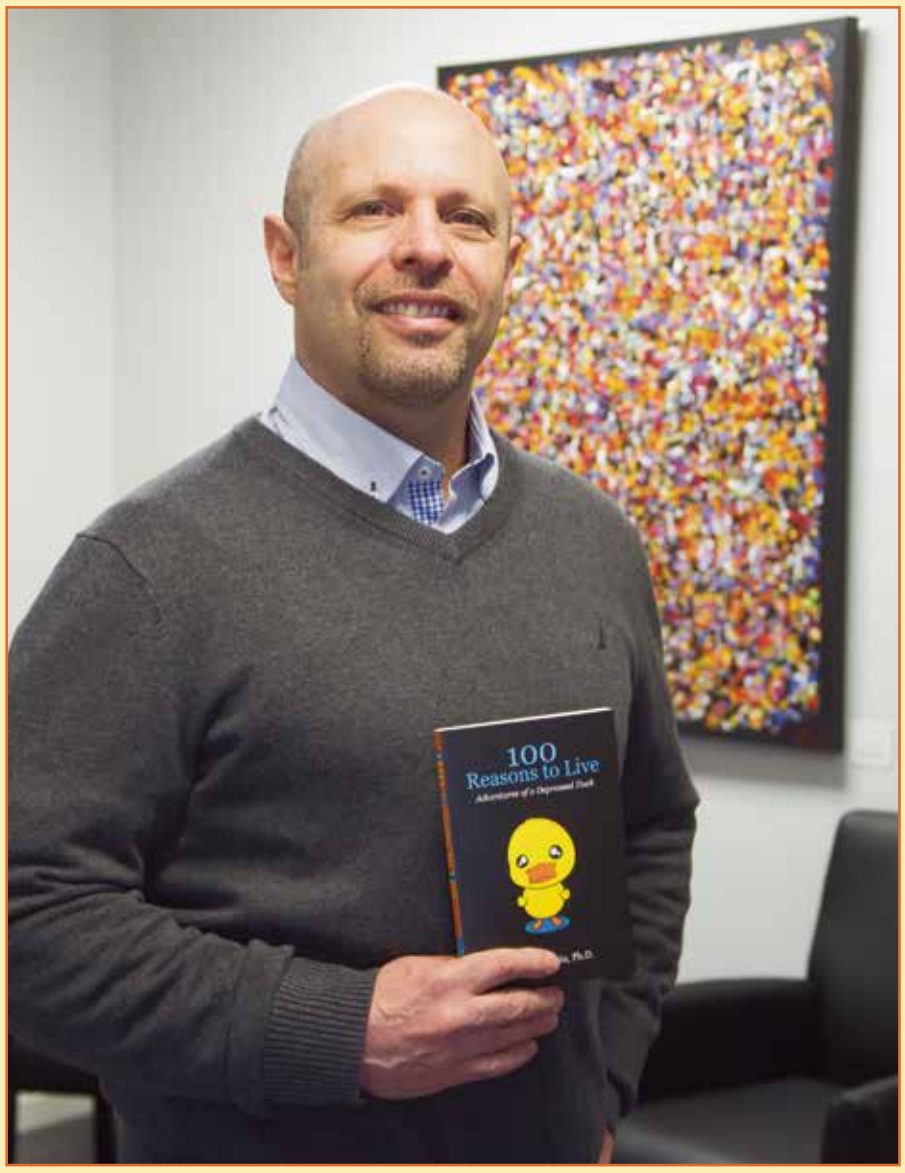
First Wednesdays with Ann Arbor Kirtan • First Wednesdays, 7-9 p.m. • Ancient yogic spiritual practice of Kirtan. Sanskrit mantras, sung to beautiful melodies, supported by harmonium, Indian drums, and hand cymbals open one's heart and connection to spirit. Free. Contact Kashi Nivas at 883-6947; kashi@kashinivas.org or kirtanannarbor.org.

Naturopathy

Dr. Nia's Top Ten Headache Relievers • Monday, May 21, Thursday, June 14, 6-7:30 p.m.; Saturday, July 28, 10-11:30 a.m. • An opportunity to learn new information and self-care techniques that will help with chronic headaches. $50/session. Contact Nia at 883-7513; niaaguirre.nd@gmail.com.

100 Reasons To Live: Adventures of a Depressed Duck

By Dr. Dan Saferstein, Ph.D.



I first thought of writing a book called *100 Reasons To Live* on the way home from a funeral. The funeral was for a fifteen-year-old girl who became my niece through a recent marriage in the family. We met at a Chinese restaurant for the first time a few months before she took her life. She didn't seem suicidal at the restaurant. She didn't even seem remotely depressed.

The funeral was in Chicago and so I had a lot of time to think on my drive back to Ann Arbor. I thought about what the rabbi had said at the funeral service — how my niece had died before she had a chance to establish her Jewish identity. I didn't think her Jewish identity had anything to do with why she took her own life. It wasn't like she killed herself because she couldn't remember the story of Purim or the items on the Passover Seder plate. She did it because in that crazy moment when she made her decision she couldn't come up with enough good reasons to keep on living.

"One question I had as I was envisioning my book project was whether resilience could be taught, and if so, what was the best way to teach it."

At the time, I didn't pretend to fully understand what went on in the mind of a suicidal person. As a psychologist with a specialty in sport psychology, I was more an expert on resilience than I was on suicide. One question I had as I was envisioning my book project was whether resilience could be taught, and if so, what was the best way to teach it. I understood from my previous publishing experience that teens didn't take well to traditional self-help books. I knew when I was a teen I wouldn't have wanted someone to give me a five-step formula for happiness. I would have wanted the space to figure out happiness for myself. I would have probably also been interested in how people coped with unhappiness, since it seemed inevitable that some unhappiness would come your way no matter what your life was like.

I was watching a flock of baby ducklings in Ann Arbor's West Park when I came up with the idea for a story about a depressed duck named Dena. I wanted *100 Reasons To Live* to be a love story. It didn't have to be a romantic story, just so long as there was lots of love in it. In college, a housemate often gave the culinary advice, "When in doubt, melt cheese on it." And the writing advice I often gave myself was, "When in doubt, write with love." This seemed especially important when some of your readers might be struggling with self-critical tendencies. I wanted my little duck to understand that it was possible to go through a hard time without being hard on herself. I wanted her to see setbacks as an opportunity for learning instead of an opportunity for shame or blame or guilt or despair. Lastly, I wanted her to have a benevolent teacher, maybe even a teacher who experienced depression herself.

"In college, a housemate often gave the culinary advice, 'When in doubt, melt cheese on it.' And the writing advice I often gave myself was, 'When in doubt, write with love.'"

It felt very natural to write a story about a duck that went on a healing journey with her grandmother, given how important my mother and mother-in-law have been in our own children's lives. Although I never really got to know any of my own grandparents, my life has been blessed with benevolent teachers and mentors. One of my teachers, Professor Herbert Barrows, generously read and edited my writing for close to twenty-five years after I graduated from the University of Michigan. We became close friends. I did his shopping for him as he got older and took him to Gallup Park to watch the ducks and geese and swans. He suggested I disperse his ashes in the Huron River when it came time to "clean out his cage." Upon his death, I followed his wishes. I rode my bike straight from Muehling Funeral Chapel and waded waist-deep into the Huron River with his ashes, as two swans watched me.

"Professor Barrows was a great teacher," I told the swans. "He was a great friend." I think Professor Barrows would have liked that there are poems in *100 Reasons To Live,* since he was one of the original editors of *The Norton Anthology of Poetry.* The poems in my story aren't written by a duck. They are written by a teenage girl named Sarah who Dena befriends at a park along the Huron River. Sarah is wrestling with some mental health challenges of her own. She is able to express some of her pain through her poetry, which gives her the necessary perspective so she doesn't become her pain.

My hair is so unfair.
It never listens to me or does what I want it to do.
I sometimes wonder if I might have mentally ill hair because there are days when it is listless and other days when it is so wild.
I will have to ask my psychiatrist if there is special shampoo and conditioner for bipolar hair.
This is not the same psychiatrist in the hospital who kept asking me if I was hearing voices.
This is a different psychiatrist who has a soul.
I once apologized to her for speaking in an angry voice and she said it was better to speak in an angry voice than in a depressed one.
I'm not sure if this is true.
My mom would say it's definitely not true.
She would say it's better to speak like a Barbie doll than to lose control and speak like a crazy girl.
Maybe that's who I am: a crazy girl with crazy hair.
It just doesn't seem fair that other girls have hair that is so tame.
My hair is like a dragon.
I don't think it's really possible to tame a dragon.
You have to befriend a dragon, right?
You have to look in its eyes and come to understand what it's feeling.
You have to let it understand what you're feeling.
I used to be scared of my hair.
Now I realize it just wants to be free.

"My hair is like a dragon./ I don't think it's really possible to tame a dragon./ You have to befriend a dragon, right?/ You have to look in its eyes and come to understand what it's feeling./ You have to let it understand what you're feeling./ I used to be scared of my hair./ Now I realize it just wants to be free."

My mission with *100 Reasons To Live* is to help as many people as possible make peace with themselves and with their challenges. Needless to say, it is much easier

to make peace with yourself when it feels like things are going your way. It is much harder when you feel behind or lost or helpless. Sometimes the way to regain control over your life is to accept that you're not completely in control of your life in some ways. I sometimes tell my clients that control is overrated. What isn't overrated is having someone in your corner who can remind you that you're not alone in the world, that there is light at the end of the tunnel — that there is light in *you.* Dena had her grandmother in her corner. When I was a teen, I had a coach named Lou Graves.

"I sometimes tell my clients that control is overrated. What isn't overrated is having someone in your corner who can remind you that you're not alone in the world, that there is light at the end of the tunnel — that there is light in you."

Like all good mentors, Coach Lou helped to nurture my strengths. He encouraged me to focus on learning instead of on trying to prove myself. He was a naturally calm person and his calmness was contagious. I didn't grow up around naturally calm people and so it was a new experience for me. My home life became significantly less calm after my mom filed for divorce when I was in high school. As the divorce process was painfully unfolding, we continued to live together under the same roof — until a tornado came one evening and blew our roof away.

True story.

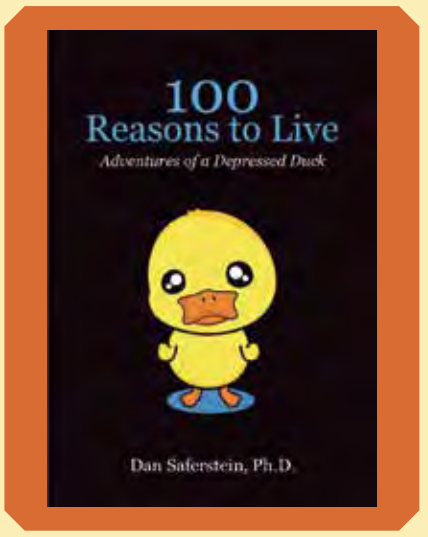
The day after the tornado my older brother said, "I prayed for a miracle and my prayers were answered." He was eighteen and beginning to show signs of mental illness. I didn't know much about mental illness at the time. I didn't know that my dad had a brother who died by suicide before I was born. I had always been told he died in a war. My middle name, Bennett, is in memory of my uncle. If it were up to me, I wouldn't have chosen a name after someone who took his own life, but I accept that you don't get to pick your own name and that you don't get to pick all of your challenges. Some challenges pick you for reasons that you can't possibly understand until years later.

I felt that the challenge of writing *100 Reasons To Live* picked me the day I went to the funeral of my new niece. I didn't necessarily want to be picked, but Whoever or Whatever did the picking must have looked at me and figured that I was pretty well suited for the task of writing a book about love, courage, and survival. After all, I was the son of a survivor, my mom having been a seven-year-old girl in Warsaw at the time of the Nazi invasion. My favorite bedtime story growing up was about how she and her family had escaped the Nazis in a hay wagon and she ended up sleeping in a field outside the Russian border next to a guy who had frozen to death. As strange as it sounds, I would ask her, "Can you tell me the story *again* about the guy who froze to death?"

There is a photo in my office of my mom as a young girl, taken months before the war broke out. She has her arm around a dog in the photo. She apparently used to be afraid of dogs, but it had special meaning to her to overcome this fear. Some clients will notice this photo and want to know who is the girl with the big brave eyes. So I tell them the story about how my mom escaped from Nazi-occupied Warsaw in a hay wagon and woke up next to a guy who had frozen to death. I tell them how she had to jump out of the second-floor window of her apartment building that had been bombed. I tell them that if you met her now and saw how vibrant she is that you would never suspect she had endured so much hardship when she was younger.

Maybe that's true of all of us. We might never suspect what challenges others are facing, or them us, but we can all lend a hand, and always write with love.

Dan Saferstein is the Team Psychologist for USA Hockey's National Team Development Program and a practicing psychologist at the VA Ann Arbor Medical Center. For more information about Dr. Saferstein's work and the book 100 Reasons to Live: Adventures of a Depressed Duck*, visit dansaferstein.com or call (734)663-7470.*



Naturopathy (cont.)

Ayurveda Herbs and Spices for Healing and Prevention with Nia Aguirre • Third Tuesdays, May 15, June 19, July 17, 6-7:30 p.m. • In addition to adding flavor to foods, common herbs and spices in your kitchen provide many health benefits. Come with your curiosity, water to rinse your taste buds, and get ready to sample a variety of these wonderful agents of health. $50/session. Contact Nia at 883-7513; niaaguirre.nd@gmail.com.

Natural Health for your Child with Nia Aguirre • First Wednesdays, 9:30-10:30 a.m. • Free discussion about natural, non-drug, non-toxic options for your children's health needs. Free. Contact Nia at 883-7513; niaaguirre.nd@gmail.com.

Herbal Apothecary Experience with Mary Light • Wednesdays, May 2-Aug 29, 10 a.m.-2 p.m. • Apprentice style "learn by doing" in our established Herbal Pharmacy and Dispensary, Herb Lab, and Gaia Center for Herbal Studies. $10/day. Contact Mary at 769-7794; hederoma@gmail.com or naturopathicschoolofannarbor.net.

Learning about Panchakarma with Nia Aguirre • Second Saturdays, June 9, July 14, Aug. 11, 10-11:30 a.m. • You will learn several Ayurveda and Natural Health therapies to remove or lessen the toxic build up that occurs in the body. In addition, therapies for strengthening and balancing your system will be shared. $50/session. Contact Nia at 883-7513; niaaguirre.nd@gmail.com

Nature

Annual Lighthouse Picnic • Saturday, Aug. 25, 3 p.m. • Come join us at the Lighthouse Center for our annual vegan picnic. Potluck plus nature walk, Frisbee, drumming circle, and animal show from Howell Nature Center. Bring a vegan dish to pass. Vegan burgers and hotdogs provided. Contact Prachi at 645-2188; cprachi17@gmail.com.

Pagan Spirituality

Witches' Night Out • Second Tuesdays, 6:00-8:00 p.m. at Crazy Wisdom • Join the Witches as we gather, drink tea, and chat! We welcome all people who are curious, identify, or just wander into the room! We pick themes for each gathering and there is a chance to chat, learn, and simply be present.$3.50 for a mug of Witch Brew tea with free refills. For more information call 665-2757; info@crazywisdom.net or crazywisdom.net.

Palmistry

Drop-in Palmistry/Tarot Readings with Vijayalaxmi Shinde • First and Third Saturdays, 3-6 p.m.; Second and Fourth Sundays, 3-6 p.m. at Crazy Wisdom • Using palmistry, numerology, and the art of Tarot cards divination, learn the subconsciously hidden answers to important concerns in life to guide towards positive energy, joy, peace, abundance, and health. $1.50/minute. No appointment necessary. Contact 961-8052; vijaya_laxmi@comcast.net or positivepalmistry.com.

Parenting

Hand-in-Hand Starter Class with Catherine Fischer • Tuesdays, 6:30-8:30 p.m. • This six-week class is a complete introduction to the Hand in Hand Parenting approach. You will learn simple strategies, which are supported by neuroscience and attachment research, to help increase cooperation and closeness in your family. Learn how to use listening, setting limits, and play to handle tantrums, whining, sibling conflict, separation anxiety, and many other parenting challenges. $210/person. $335/couple. Contact Catherine at 395-5244; catherine@supportforgrowingfamilies.com or supportforgrowingfamilies.com.

Peace

Seeing Systems: Peace, Justice, and Sustainability with the Michigan Friends Center • Mondays, June 25, July 9, 16, 23, Aug. 6, 7-8:30 p.m. • Dr. Martin Luther King, Jr. claimed that whatever affects one directly affects all indirectly. Because of this, peace is not possible until we recognize how interrelated we are. This six-session discussion course helps participants develop systems thinking skills in order to see those connections. We will examine entrenched values and assumptions that reinforce current practices and systems. Together, we will envision a more peaceful, just, and sustainable world. Sliding scale fee. Contact the Michigan Friends Center at 475-1892; manager@mfcenter.org or mfcenter.org.

Personal Growth

Discover SoulCollage® with Laura Seligman • Fridays, May 18, June 22; Thursday, July 12 • Create your personal deck of collaged cards which reflects your life and inner wisdom. Learn how to consult your cards for self awareness, inner guidance, and transformation. $55 includes all materials. Contact Laura at 649-2777; lauraseligman@gmail.com.

Tools for Balanced Living with the Self Realization Meditation Healing Centre • August 4-5 • This is a course for everyone who wishes to deepen their understanding and care for their own energy, thus enhancing their whole life: work, home, and play. Includes delicious home-cooked vegetarian lunches and refreshments. Comfortable overnight lodging. $225. Contact the Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Personal Growth (cont.)

Great Freedom Balanced View Community Video Meeting with the Interfaith Center • Mondays, 7-9 p.m. • Balanced View Video Meeting followed by a Clarity Call. For more information about Great Freedom, visit greatfreedom.org. Donations accepted. Contact Rob at 255-0163; michalowski529@comcast.net or interfaithspirit.org.

Power of Now Study Group and Discussion with the Interfaith Center • Tuesdays, 10:30 a.m.-12 p.m. • A weekly study/discussion group on Eckhart Tolle's book, *The Power of Now.* Donations accepted. Contact Margot at 497-9985; lauren.tatarsky@interfaithspirit.org or interfaithspirit.org.

Lunch and Learn Series with the Weber Center • Tuesdays, 12:15-1 p.m. • Lectures and discussion with lunch. Free. Contact Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Small Group Circle for Introverts with Kathleen Moore • Tuesdays, 6-7:30 • Are you tired of being analyzed and discussed by extroverts as they make allowances for you needing to take more time to process your thoughts and respond? Would you like a place where who you are is appreciated and understood? Where we can all learn about our considerable strengths? $25/small group meeting. Contact Kathleen at 668-8146; kathymooremusic@gmail.com or moore-voice.com.

SUN SHEN One Prayer Class with Joanna Myers • Wednesdays, 6-7:30 p.m. • The One Prayer is a dynamic self-management tool, custom designed for you. It includes a system of journaling techniques, life organization, and mapping of your purpose and trajectory. This course is designed for anyone wanting a greater understanding of themselves. $65/month. Contact Joanna at 395-8486; samomyers@sunshen.org or sunshen.org.

Prosperity and Abundance

Building Your Business Spiritually with Karen Greenberg • Tuesday, Aug. 19, 3-8 p.m. • Despite the fact that our economy has been less than optimal, there are many of us who are still thriving and busier than ever. You are invited to learn universal spiritual principles and practices, repatterning limiting beliefs, working through limiting low-vibrational emotions, worthiness issues, and sabotaging behaviours. All to create and sustain abundance and prosperity and a thriving Spiritual Business. $99. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Reiki

Usui/Holy Fire Reiki II ART and Master Certification with Andrea Kennedy • May 4-6, 9 a.m.-5:30 p.m. • Learn advanced Reiki techniques, how to build a Reiki practice, increase the power of your Reiki energy and support the deepening of intuitive guidance. Become a certified Reiki Master practitioner and instructor through a combination of lecture, practice, and experience. $800. Contact Andrea at 664-2255; andrea@mainstreamreiki.com or mainstreamreiki.com.

First Degree Reiki with Suzy Wienckowski • Saturday and Sunday, July 28-29 • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. $150. Contact Suzy at 476-7958; suzyreiki@aol.com.

Usui/Holy Fire Reiki II Levels I & II Certification with Andrea Kennedy • July 28-29, 9 a.m.-5:30 p.m. • Complete introduction including how Reiki works and what it can heal, history, the Level I placement, scanning the energy field and hand positions to heal yourself and others. Level II placement, three Reiki symbols and how to use them, distant healing, intuitive Reiki, and Japanese techniques. Discussion, practice time, class manual, and CE credits available. $325. Contact Andrea at 664-2255; andrea@mainstreamreiki.com or mainstreamreiki.com.

Usui Tibetan Seiryoku Karuna Reiki Level One with Jennifer Vanderwal • July 8, 11 a.m.-6 p.m. • Learn energy healing with your hands. You will be initiated with the first symbol in reiki one enabling you to do healings on yourself and others. Certification is given. $150. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Renewable Energy

Energy Conference with Smart Grid • Wednesday, July 11 • This event will focus on a variety of advanced research topics including smart grids, renewable resources, solar energy, energy storage, power meters, cyber security, wind energy, power plants, nuclear power, power energy, fuel cells, electric vehicles, biomass, biogas, and sustainable resources. $349. Contact Lisa at (702) 508-5200; smartgrid@enggconferences.com or smartgrids.conferenceseries.com.

Retreats

Holistic Yoga Meditation Retreat at Lake Michigan with Ema Stefanova • May 4-6, May 25-27, June 29-July 1 • Our intimate retreats are for total beginners, continuing students, and teachers who would like to experience yoga and meditation as a way of life, healing, and growth, and develop and refine their practice. $425, $395 at least one month early. Contact Ann Arbor Yoga and Meditation at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Spring Sound and Meditation Retreat with Amy Lynn and Markus Koch • May 4-6 • All levels welcome; no experience necessary. Renew yourself with a weekend of Sound and Gong Baths, Insight Meditation Practice, Mantra and Toning Practice, Restorative and Gentle Yoga, and Dharma talks. Commuter and residential space available. $447/single. $797/couples. Contact Amy at 660-0898; amyspirit@gmail.com or shamanicsoundbath.com/events.html.

A New Template for Religion with Michael Morwood • Thursday-Saturday, May 17-19 • This program will reflect on foundational religious understandings such as God, revelation, Jesus, prayer, and liturgy through a 21st century lens. $325/single room; $225/double room; $125/commuter. $10 non refundable deposit. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Silent Retreat with the Self Realization Meditation Healing Centre • May 18-20 • Everyone of all faiths, traditions, and practices is welcome. This retreat offers simple delicious home-cooked vegetarian meals and comfortable, shared accommodations in a quiet country setting. A private room or suite may be available. $140/shared room. Bursary may be available. Contact the Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Communicate with Compassion in the New Year with Lisa Gottlieb • Saturday, May 19, 9 a.m.-4 p.m. • Day-long retreat focusing on women's empowerment and revitalizing your sense of self through the power of communication. The retreat will focus on learning the tools to get your message across with compassion during challenging conversations. $110 through May 4; $135 after. Contact Aviva at 320-6715; bonfireinstitute@gmail.com or bonfireinstitute.com.

Man Meets Horse with Todd Butler and Julie Arkison • June 1-3 • A retreat for men to explore authentic masculinity, widen perspectives, and create deep connections with ourselves, horses, and other men. $325. Contact Lee at (313) 350-3482; leeanzicek@gmail.com or facebook.com/connectinghumansequinewisdom.

Holy Land Pilgrimage: An Experiential Journey • Monday-Saturday, June 4-9 • Unable to travel to the Holy Land? This is an opportunity for you to experience a journey and sacred place without leaving the country. Our pilgrimage will start at the Orthodox Church of St. George in Madaba, Jordan, continuing to Nazareth, the Judean desert, Capernaum, Galilee, and on to Bethlehem and Jerusalem. $425/single room. $325/double room. $225/commuter. $25 non-refundable deposit. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Private Directed Retreat • Monday-Friday, July 16-20 • This retreat is for those looking for solitude and guidance. It offers time and space for prayer, quiet reflection, and participation in campus liturgies. Each participant meets daily with a spiritual director of his/her choice. Registration required. $425/single room. $325/double room. $225/commuter. Meals included. $25 non-refundable deposit. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Balancing and Expanding the Divine Feminine and Masculine Energies with Karlta Zarley • June 26-30 • Please join me in spectacular Colorado Springs as we continue gathering Feminine and Masculine energies from various sacred places to meld and anchor them for the benefit of ourselves, society, and the planet. We will visit Manitou Springs, Cliff Dwellings, Cave of the Winds, Garden of the Gods, and Pike's Peak. This will anchor these finely balanced energies in the northern portion of the only contiguous mountain chain to run between the northern and southern hemispheres, which acts like a spine to disseminate this energy to the entire Earth. You need not have come to previous retreats. $550. $100 non-refundable deposit by May 15. Contact Karlta at 834-1566; kzarley88@gmail.com or karltazarley.com.

Five-Day Summer Retreat with Zen Buddhist Temple • Thursday-Tuesday, June 28-July 3 • Conducted by Ven. Haju Sunim. Intensive period of Zen practice geared toward the experienced student student. $60/day, $50/day for members. Contact Zen Buddhist Temple at 761-6520; annarborzentemple@gmail.com or zenbuddhisttemple.org.

Retreat with the Mystics with Kathleen Duffy and others • Sunday-Thursday, July 8-12 • Beginning with an overview of Christian Mysticism, each presenter will offer an in-depth look into a remarkable mystic. This retreat is for those looking for solitude and guidance. It offers time for prayer, quiet reflection, and participation in campus liturgies. Each participant meets daily with a spiritual director of his/her choice. Registration required. $475/single room. $375/double room. $275/commuter. Meals included. $10 non-refundable deposit. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Transformational Healing Retreat • July 13-15 • Includes a private appointment to receive Natural Spiritual Healing and learn a healing breath; a group Transformation Hatha Yoga class, for all levels and abilities; time for meditation; plenty of free time to rest, read, contemplate, walk in nature, or whatever else your heart calls you to do. $240 with shared room. Contact the Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Awareness of Presence with Linda Fisher-Piccolo • Monday-Thursday, July 16-19 • Women's spiritual retreats in Michigan on Lake Huron. $525/person. All inclusive. Contact Linda at (586) 215-7657; linda@lindafp.com or lindafp.com.

"The beautiful spring came; and when Nature resumes her loveliness, ***the human soul is apt to revive also.*** *"*

— Harriet Ann Jacobs

Summer Peace Camp • July 27-Aug. 1 • Tent camping for families and children of all ages. Peace camp programs focus on learning about peace and happiness from the Buddhist perspective of the interrelationship of all things. Activities emphasize fun, mindfulness, cooperation, and appreciation for animals and plants, all while seeking to balance structure and spontaneity. Contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

Journey to John of God in Brazil with Amy Lynn and Markus Koch • July 30-Aug. 11, Aug. 13-25 • Join experience guides on a healing journey retreat to visit this extraordinary spiritual healer in Abadiania, GO, Brazil. One does not have to be physically ill to go--many go for emotional or psychological healing and spiritual guidance. Contact Amy at 660-0898; amyspirit@gmail.com or shamanicsoundbath.com/events.html.

5-day Running Meditation Retreat with Triple Crane Monastery • Aug. 15-19 • 10K running/5K walking, yoga, meditation, healthy cooking, campfire, movie, and discussion. $250. Contact Triple Crane at 757-8567; triple.crance@huayenworld.org or huayenworld-usa.org/usa/en/.

Peace and Quiet Weekend Retreat • Aug. 18-19 • Spend some time in the peace and quiet, with lots of free time, and a silent Sunday morning. An optional Pure Meditation Foundation class is offered Saturday afternoon for an additional $60. Includes comfortable shared lodging and delicious home cooked vegetarian meals and refreshments.$75/person. Contact the Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Women's Wilderness Trip with Debbie Wollard and Miranda Spates • Saturday-Friday, Aug. 18-24 • An Invitation for women who are seeking a spiritual aspect to wilderness travel. Join us for a backpacking trip to North Manitou Island, in the Sleeping Bear Dunes National Park. Limited to eight people. $500, inclusive. $450 by June 1. Contact Debbie at (586) 242-8270; dmwollard@icloud.com or womensspiritualityproject.com.

Mary: Model for Faith in Contemporary Times with Joan Delaplane • Friday-Saturday, Aug. 24-25 • A quiet retreat time with Mary, woman of faith, who lived in dangerous, dark times. A look at Mary from both a Catholic and Protestant perspective. Who is Mary for us today and what does she have to say to us? There will be some prayer together, input, some sharing, and quality reflection time. $125/Single. $85/person in a double. $45/commuter. $10 non refundable deposit. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Living in Gratitude Now and in the Second Half of Life with Pat and Dave Krajovic and Marsha Stroko • Friday-Sunday, Aug. 24-26 • Two pivotal works by Angeles Arrien will be the focus of our reflections, journaling, and exercises. Blessings, learnings, mercies, and protections as the four portals to a grateful heart are keys to personal growth in all stages of life. We will explore how to make the virtue of gratitude a guiding light for your life's journey. $300/single room, $260/double. Includes lodging, meals, resource materials, except Angeles Arrien's two books: *Living in Gratitude* and *The Second Half of Life: Opening the Eight Gates of Initiation*. Contact 416-5200; inspire@ascensionbreathing.com or ascensionbreathing.com.

Shamanism

Healing with Spiritual Light with Connie Lee Eland • May 19-20 • This class brings in quantum physics as we work with the unlimited powers of the universe. Healing with Spiritual Light was introduced by Sandra Ingerman. This method does not look at the client as sick. Introduction to Journeying is a prerequisite. $220. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

Introduction to Journeying with Connie Lee Eiland • Sunday, June 3, 10 a.m.-4:30 p.m. • Six-hour class includes power animal retrieval and journey to Upper, Lower, and Middle Worlds. Journey is with drums and rattles. $70 by May 27, $80 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

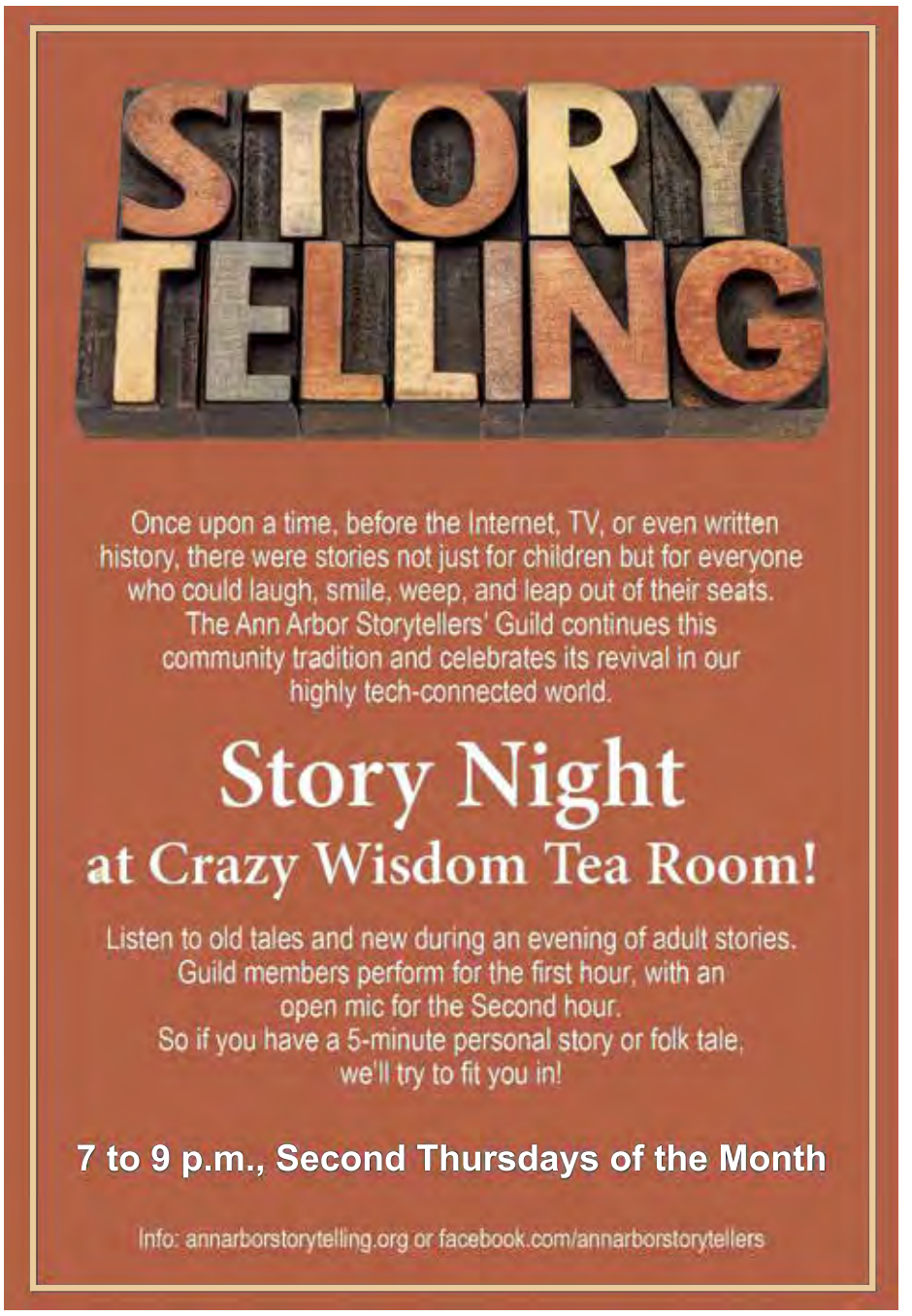
Cycles of Life with Connie Lee Eiland • June 23-24 • This class will present pathways to help with your own life explorations. We will work with the Medicine Wheel, the Spirit of the Moon, and our Ancestors. This class includes healing and divination. Introduction to Journeying is a prerequisite. $180 before June 2. $220 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

Ancestors and Descendants with Connie Lee Eiland • July 28-29 • This class investigates our connections to the ancestors and descendants in ways that impact them and us. This class includes journeys, healing, and sacred art. Cycles of Life is a requirement. $180 before June 2. $220 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

10th Annual "Shamans" Walk and Community Healing Circle with Spirit Weavers • July 28, 10 a.m.-5 p.m. • All traditions welcome, but must know how to "journey". We will come together as a community to deepen our shamanic practice and support each other on our path. We will journey deeply and dance passionately for several hours, allowing time and space to hear from the Spirits and our inner selves, learning what we need to know to become who we are meant to be in this lifetime. $50 before July 21. $60 after. Limited to 40 participants. Must be pre-registered. Contact Spirit Weavers at (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Shamanism: Introduction to the Shamanic Journey in Lansing with Kate Durda • Sunday, Aug. 26, 10 a.m.-5 p.m. • Experiential training in the Shamanic Journey, and introduction to Shamanism healing methods and practice. This class is a prerequisite for all advanced training. $85 by Aug. 18. $95 after. Contact Spirit Weavers at (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Shamanic Healing Program with Marjorie Farnsworth • Tuesdays, 6-8:30 p.m.; Saturdays, 3-5:30 p.m. • This class series explores Core Shamanism -- the healing practices of tribal medicine people. With the Fundamentals Classes, you can heal yourself, go on shamanic journeys, meet power animals and spirit guides. In the Advanced classes, learn to heal others and your tribe/community with soul retrieval, curse removal, extraction, and depossession. $30/Fundamentals. $35/Advanced. Contact Amy at 358-0218; metafizzy@gmail.com or enlightenedsoulcenter.com.



Jaclyn Duval *is a spiritual psychic medium, energy healer, and certified Reiki practitioner. For more information about upcoming readings and events, visit www.infinitelightandlove.com or email jaclynduvall@infinitelightandlove.com*

Spiritual Development

Basic Spirituality and Meditation with Rough around the Diamond at Crazy Wisdom • Mondays, 7-8 p.m. • Designed for beginning to intermediate skill levels. Topic discussion with related meditation at the end. Donations accepted. Contact Kelli at 707-8032; rougharoundthediamond@gmail.com or rougharoundthediamond.com.

Experience the Sound of Soul with Eckankar at Crazy Wisdom • Fridays, 6:30-7:15 p.m.• HU is the sacred sound and ancient mantra that can uplift people of any religion, culture, or walk of life. You're invited to experience chanting HU, contemplative time, and spiritual conversation with others of like heart. Come for inner peace and calm, Divine love, expanded awareness, spiritual self-discovery and growth, and healing of the heart. Free. Contact John at 320-2010; tutdebon@gmail.com or eck-mi.org.

Metaphysics and Emotional Intelligence with G Arthur Weidman • Second and Fourth Fridays, 7:30-9 p.m. • Metaphysics teaches us to be in harmony with Universal forces, and how one can implement the power of Universal forces through thoughts, emotions, beliefs, and expectations. Pain, therefore, is one of our greatest teachers. Donation. Contact G Arthur at gweidman97@gmail.com.

Bringing the Light of True Dharma to Everyday Life with Barbara Brodsky and occasional guest teachers • Tuesday, May 1, 6:30-9 p.m. • Prerequisite: At least an introductory level vipassana class, but this class is most suitable for experienced meditators. This year's class will focus on Dharma in Everyday Life. We will use exercises, reading, and in most classes, at least a short talk from Aaron. The specific direction for each class period will be taken from the expressed needs and interests of the class members. $90. Contact Tana 477-5848; om@deepspring.org or deepspring.org.

Weekly Zohar (*The Book of Radiance*) Study with Karen Greenberg • Sundays, beginning May 6, 8 p.m. • Please join us, from the comfort of your own home, for a weekly study of the hidden, mystical Kabbalistic meanings, particularly from the Old Testament and the Five Books of Moses, via conference call 1-302-202-1108. $40/month. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Holy Spaces and Moments of Awe: How Holy Places Shape Human Communities with Barbara Zikmund • Wednesdays, May 9, 23, 1:30-3:30 p.m. • Holy places/spaces are often created by nature, because something happened there, or when communities want to honor a person or preserve religious devotion and authority. This course will challenge you to examine your own experiences of holy spaces and experiences. It will invite you to think about how you are religious. $15/class; $25/series. $10 non-refundable deposit. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Activism and Spirituality: Where the Vertical and the Horizontal Meet with Su Hansen • May 24, 7-9 p.m. • How does your spirituality and social justice work intersect? There is a place where the transcendent vertical and the horizontal of our human life on this planet meet, that's where the union of activism comes into full fruition. We will explore and share the experiences that flow from this point of intersection, the challenges of living them together, and the vital supports needed to stay on this unified path. $10. Contact Su at 417-8397; su@suhansen.com or suhansen.com.

Remembering Wholeness - Darshan with The Mother • Sunday, June 3, 3 p.m. • Energy sharing (darshan) with The Mother, channeled through Barbara Brodsky. Darshan is an event in consciousness; when The Mother takes each person's hands and looks into his/her eyes there is an interaction between the human and the divine, which focuses and draws up the consciousness of the human. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Connecting With Archangels with Karen Greenberg • Sunday, June 10, 1-8 p.m. • Become acquainted with the various Archangels represented in the Sephirot Spheres in the Tree of Life. Learn who the Archangels are, what they do, and whom to call on for particular assistance and how to safely call upon them. $125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Seals of Solomon Activation, Part One with Karlta Zarley • Saturday, Aug. 8, 9 a.m.-1 p.m. • The 26 Seals of Solomon hold all the wisdom and knowledge we have gained in previous lifetimes in various cultures and times. This activation meditation helps you move towards the Light Body and Ascension by healing the DNA trauma and moving you towards a Unichakra. It covers the first five Seals: Egyptian, Mayan, Mu, Atlantean, and Druid lifetimes. This powerful work will take you to the next level. $100 with registration due by Aug. 1. Contact Karlta 834-1566; kzarley88@gmail.com or karltazarley.com.

Intuitives Interactive with Amy Garber • First and Third Sundays, 2:30-4:30 p.m. • For intuitives, indigos, starseeds, empaths, and anyone wishing to explore metaphysical topics with like-minded individuals. Includes exercises to develop intuition, presentations by visiting experts, discussion, and social time. Donation. Contact Amy at 358-0218; metafizzy@gmail.com or enlightenedsoulcenter.com.

Realization Process Practice Sessions with Mara Evenstar • Tuesdays, 6-7:30 p.m. • Weekly exploration and practice of the Realization Process developed by Judith Blackstone. Realization Process™ is a body-centered approach to personal and spiritual healing and maturity. It initiates the process of spiritual realization with psychological and relational healing, and embodiment. Donation. Contact Mara at 905-7980; arammai.services@gmail.com or arammai.com.

Lightworker Activation with SANDYA - Sandra Shears • Wednesdays, 7-9 p.m. • As a Lightworker or World Server, you have incarnated at this time in order to facilitate the transition into the next age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. Ongoing commitment required. $100/month prepaid. Contact SANDYA-Sandra Shears at 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Monthly Ascension Support Class with Eve Wilson • Every fourth Thursdays, beginning June 28, 7:30-9:30 p.m. • Healing and ascension meditations to keep your spirit and soul alive. Six classes designed to help you heal, integrate your Higher Self, clear soul contracts, and help your soul group and the world ascend and heal. $50/class. $300/series. Contact Eve at 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Lightworker Development with SANDYA - Sandra Shears • Third Fridays. Individual set-up the previous week • Group lightwork with current spiritual, astrological, and energy events - includes energy adjustment and activation with a sound attunement. Ongoing commitment required. $100/month prepaid. Contact SANDYA-Sandra Shears at 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com

Storytelling

Story Night with the Ann Arbor Storytellers' Guild at Crazy Wisdom • Thursdays, May 10, June 14, July 12, Aug. 9, 7-9 p.m. • Listen to old tales and new during an evening of adult stories. Ann Arbor Storytellers' Guild members perform for the first hour, with an open mic for the second hour. So, if you have a five-minute tale, we'll try to fit you in! Free. Donations accepted. Contact the Guild at annarborstorytelling.org, or facebook.com/annarborstorytellers.

Ann Arbor Storytellers' Monthly Guild Meeting • Sundays, May 27, June 24 • Meetings always start with stories, and then, more stories! Listeners and tellers welcome. Free. Contact annarborstorytelling.org, or facebook.com/annarborstorytellers.

Stress Management

Heart Math for Stress Management with Melanie Fuscaldo • May 3, 12-1:30 p.m. • Learn how to harmonize your brain, heart, and nervous system to decrease stress and enhance creativity and productivity. $30. Contact Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Relaxation for Body, Mind, and Spirit with the Self Realization Meditation Healing Centre • May 12, June 16, 10 a.m.-5 p.m. • Make time to nurture yourself. Includes a relaxing yoga class and a delicious home cooked vegetarian lunch and refreshments for your body, quiet time for your spirit, and an optional Pure Meditation Foundation class in the afternoon for your mind. Treat yourself to a longer retreat by either arriving the evening before or staying until the morning after. $39 with lunch and refreshments. $86 with a shared room. $60 extra for the optional class. Contact the Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Mindfulness-Based Stress Reduction Five-Day Intensive with Paulette Grotrian • June 20-24, 9:30 a.m.-3:30 p.m. • Reduce stress and chronic pain, alleviate anxiety and depression, and enhance health and well-being. $400. Contact Paulette at 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Sustainability

Intern/Work Trade - Eco-skills and Natural Building with Deanne Bednar • Monthly. May-Sept. • Strawbale Studio offers skill-building in a wide range of subjects including natural building. Connect with nature and other folks while learning and contributing. Live on-site on wooded rural land one-hour north of Detroit. $950/$850. $435/$475. Contact Deanne at (248) 236-5432; strawbale.programs@gmail.com or strawbalestudio.org.

Tai Chi, Martial Arts & Self Defense

College Prep Self Defense Series with Lynda Gronlund-Naeem • July 10, 7-7:50 p.m. • For high school senior women. Learn basic self-defense and personal safety before you go away to school. Six-week class. $60. Contact Lynda at 214-0801; annarborpksa@gmail.com or pksa.com/annarbor.

Tai Chi Qigong One and Qigong Meditation Basics One with Steven Sy • Aug. 3-8 • Tai Chi Qigong One is a rooted movement form designed to stabilize one's emotions while strengthening the physical body. Qigong Meditation Basics One is a set of meditations designed to release inner tension, increase self-acceptance, open the heart, detox negative emotions, balance one's inner energy, and rejuvenate the body. No prerequisites. $595. Contact Steven at (517) 295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

> *"The experience of life should mature you.* ***It is your choice to transform a memory into a wound or wisdom."***
>
> — Sadhguru

Tai Chi Qigong Two and Qigong Meditation Basics Two with Steven Sy • Aug. 9-14 • Tai Chi Qigong Two is a short, brisk movement form designed to energize the body and improve cardiovascular health. Qigong Meditation Basics Two is a set of meditations designed to promote relaxation, feed the kidneys, generate healing qi, and break up blockages along the microcosmic orbit pathway. Continuation of previous course. $595. Contact Steven at (517) 295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Wu Style Tai Chi at Jewel Heart with Marilyn Feingold • Sundays, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

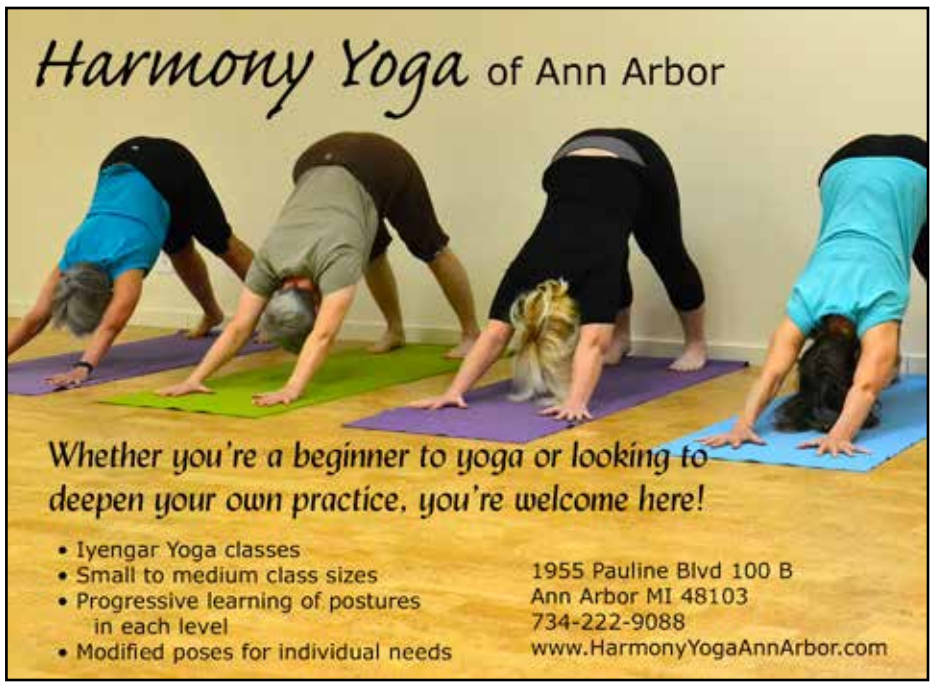
Tai Chi Beginners with Master Young and Sifu Carey • Mondays, 10-11:15 a.m.; Tuesdays, 2:30-3:45 p.m.; Tuesdays/Thursdays, 7:15-8:30 p.m. • Learn the first third of the Yang Style Short Form. Focus on relaxation, meditation in motion, coordination, and cultivation of energy. $185. Contact Wasentha at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Tai Chi for Mobility Maintenance with Karla Groesbeck • Mondays, 1:30-3 p.m.; Tuesdays and Wednesdays, 9:30-11 a.m.; Thursdays, 10-11:30 a.m. • Tai Chi and Silk Reeling classes are for individuals of any age and fitness level who seek to relax and have fun with this engaging body/mind activity. These are peaceful, flowing, low-impact exercises, well suited for calming, centering, and mobility maintenance. Prices vary. Seniors free. Contact Karla at 325-4244; karla@taichilove.com or taichilove.com.

Morning Tai Chi with Master Sang Kim • Monday through Friday, 7-8:30 a.m. • Happiness is not a circumstance, it is a cultivation. When you practice Tai Chi, you get to know a part of you that was hidden and you have been looking for all your life: the power and potential that your mind and body are really capable of. $225/month. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

SUN SHEN Basic Tai Chi Form with Ann-Margaret Giovino and Pastor Alexis Neuhaus • Mondays, 6-7 p.m., Tuesdays and Thursdays, 7-8 p.m. • Build a solid foundation in Tai Chi principles in an intimate setting, with guidance and personal adjustment in the SUN SHEN 35 Form. As you learn the sequence and details of the Form, you will experience the calm, effortless power which comes from relaxed focus. $55/month, $17/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Wu Style Tai Chi Chuan with Genie Parker • Mondays, Wednesdays, and Thursdays, 6 p.m., Sundays, 4 p.m. • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. $45/month for one class/week, $70/two or more classes/month. Student, senior, and family rates available. First class free. Contact Genie at (248) 229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.



COSMIC CRYSTALS ~ *Becoming One with the Universe*

By Heidi Mae Wolfe

Throughout the evolution of humanity, our kind has been fascinated with the night sky, and always will be. It's a natural curiosity that's intrinsic to the human experience. And, historically, both astronomy and astrology have found significance in cosmic events. So it only seems natural that we also find value in that which falls from the sky — what I refer to as "cosmic crystals." They give us tangible evidence to expand our knowledge of the cosmos and its impact on our planet, from mass extinctions to ecosystem development and even life itself. On a personal level, they can help us feel connected to the infinite Universe and perhaps even the Divine Source from which all life originates.

Some of these fallen treasures are more rare than others; the three most common are meteorites, tektites, and moldavite. Each is unique not only to its own composition, but also to the region in which impact occurs. At that precise moment, the temperature is estimated to reach up to 4,300°F — more than double the temperature of flowing lava. This is enough to melt the soil itself, causing all of the earthen properties specific to that region to merge with the extraterrestrial matter and enabling new minerals to form. But in spite of their geographic diversity, these three in particular remain highly familiar and compatible with one another. Meteorites are involved in the formation of tektites, and moldavite is a form of tektite. Each of these has increasingly higher vibrations. Just like family genes, they share the same cosmic DNA, so, think of them as belonging to the same family tree.

Meteorite

Meteorites are fragments of solid cosmic matter that survived the fall to Earth, originating from comets, asteroids, and possibly the Moon and even Mars. They're composed of iron-nickel, stone (chrondrites), or a mixture of both (pallasites), and within each of these varieties, there are many more sub-groups. By the time they're discovered, exposure to rain and other atmospheric conditions alters their composition, making scientific analysis far less precise than what's needed in order to fully understand them. What we do know, however, has altered our understanding of natural history.

Because of its origins in space, meteorite can help us become more in tune with our own sacred space, and more aware of our own spatial needs. For example, is your home or property getting too big for you? Is there someone in your life who you need to distance yourself from? Should you consider relocating?

For example, in 2002, carbon dating of tungsten deposits in Greenland proved that meteorite impacts occurred up to 4 billion years ago. Until then, it was believed that the atmosphere was completely void of oxygen up to 2.4 billion years ago. Since oxygen is a key component in the formation of meteorites, this discovery suggests that the amount of oxygen in the atmosphere would have been similar to today for nearly twice as long as we previously believed, having further implications as to the origin of life on Earth.

As far back as meteorites have been discovered, they were venerated as sacred stones and believed to have supernatural powers. In ancient India and Tibet they were known as *vajra* stones, associated with creation. The Palladion of Troy, the Artemis of Ephesos, and the stone in the temple of Apollo at Delphi are all believed to be meteorites. Perhaps the most noteworthy is the *kaaba stone* of Mecca — the most holy site in Islam. As the story goes, a meteorite was given to Abraham by the Archangel Gabriel and later gifted to Mohammed, who enclosed it within the wall of the Kaaba temple.

Meteorite even made its way into legend as the metal from which Excalibur was forged, due to its perceived power. While potential evidence and speculation continue to surmount that the story of King Arthur is based on true events, astronomical facts also support the possibility of meteorite in his sword, or perhaps even the stone from which it was drawn being a meteorite. Astronomers do believe that the risk of meteor bombardment during Arthurian times was very high. And with several museums currently displaying meteorite swords having ancient, sacred prominence, the idea isn't so far-fetched after all.

Meteorite can be used to activate the kundalini and align your own energy with the universe. It stimulates the third eye and crown chakras, promoting higher levels of awareness that transcend time and distance, and enhancing communication with other worlds. Those of an iron-nickel variety can also help us to act on the insights or inspiration we receive with a clear sense of direction, so that the gift of awakening isn't wasted.

Because of its origins in space, meteorite can help us become more in tune with our own sacred space, and more aware of our own spatial needs. For example, is your home or property getting too big for you? Is there someone in your life who you need to distance yourself from? Should you consider relocating? Along those same lines, it's a great stone to wear when you're going somewhere that you've never been before, or start spending time in a place where the energy is completely new, such as your first few days on a new job adjusting to the energy in the workplace, or your first time moving into a new apartment or home.

There is perfect order in the universe, and meteorites can bring some of that same order and balance into our own lives — physically, spiritually, and emotionally. This includes balancing the chakras and energy bodies. Meteorites can help us build strength and stamina, which both support any healing process in general, but may be particularly beneficial to premature babies or anyone experiencing a prolonged illness. More specifically, they can be used in treating atrophy of the muscles, blood disorders, sore throats, and gall or kidney stones.

Ever wish upon a star? Well, falling or shooting stars are not real stars, but actually meteors, known by the short-lived trail or flash of light that signals their demise, as they burn through the Earth's atmosphere. The belief in the magical power of these "stars" to make wishes come true is a timeless notion, and may be the oldest act of natural magick known to man. So then, imagine how much stronger the energy of your wish might be if you were holding a piece of that "star" in your hand. That's exactly what a meteorite is, and one of my favorite ways to use it is for making wishes and sending them out to the universe.

A word of caution, though… meteorites tend to be rather pricey, which makes it very tempting for unscrupulous dealers to sell fakes. All meteorites contain at least a small percentage of metal, which makes them attract to magnets, so carry one with you when shopping to be sure that it's real.

Tektite

"Tektite" comes from the Greek word *tektos*, which means "melted." The predominant theory is that tektites result from high-velocity meteorite collisions with other terrestrial rocks while still in space. However, current thinking recognizes that Earth's surface can also provide enough energy to melt soil and rock, and the powerful heat and force of a meteorite strike can not only create the molten fragments right here on the surface, but also disperse them across great distances. Whether the impact occurs in space or on land, we do know that tektites are not volcanic in origin, and strewnfields have been found on every continent except Antarctica (so far).

The metaphysical properties of silicon are similar to quartz, but with a much higher vibration. As such, tektite can raise the vibration of your own auric field, some believe to the extent that contact with ETs can be made.

Occasionally, tektites occur in different colors, but the most common by far is black. They're glassy in nature with a surface texture that resembles bread, and a high silicon content (roughly 60 percent–80 percent). Their Sanskrit name *agni mani* means "fire pearl," befitting of their round shape. Tibetan monks revered them as sacred stones of the mythical kingdom, Shambhala, still exalted today as a pure and holy land of the highest realm. According to ancient Buddhist and Hindu texts, those who followed the Shambhala path developed immense wisdom and extraordinary abilities, and received many blessings, including exceptionally long lives. Throughout the Philippines and the East, they've traditionally been worn as power talismans.

The metaphysical properties of silicon are similar to quartz, but with a much higher vibration. As such, tektite can raise the vibration of your own auric field, some believe to the extent that contact with ETs can be made. In his most prominent published work, *The Book of Stones*, Robert Simmons links tektite to Ashtar, a benevolent extraterrestrial being or energy form who multiple mediums have channeled. The growing Ashtar movement holds a strong belief that tektites can facilitate telepathic communication between humans and ETs. It would follow, then, that wearing or meditating with tektites can increase your psychic ability and sensitivity to the subtle energies of the Earth plane, as well, and all the creatures and entities that can access it.

Modern day healers and energy workers use tektite with much success to help them identify and clear blockages in the aura, chakra system, and physical body. This ability to get to the source of a problem has other practical applications, such as helping us see into the heart of a situation and clearly identify all the pros and cons. Tektite can also empower us to summon our inner reserves of strength in order to stay the course or take whatever decisive action is necessary. With continued use over time, tektite can inspire a *supramental* transformation, when consciousness expands beyond normal thought, and total oneness with others, the natural environment, and the supernatural is achieved.

Moldavite

Moldavite is a tektite named after the Moldau River in the Czech Republic — the one and only location where it can be found. Like all tektites, moldavite is amorphous and a type of natural glass. It has a distinct green color, and resembles broken pieces of green bottle glass. Some of the earliest discoveries date back to prehistoric times, when early man used it for arrowheads, tools, and talismans. Its vibrational energy exceeds that of any other crystal and has the power to evoke the highest spiritual awakening that one can ever hope for. It can also enhance and accelerate the benefits of many other stones.

Perhaps there's a correlation between moldavite's vibration and the incredible force of the impact from which it was conceived. The most powerful nuclear weapon ever detonated produced a 50-megaton blast (Soviet Union, 1961). In comparison, the moldavite meteor strike is estimated at an astounding 6 million megatons, and geologists suspect that it passed through the crust completely and penetrated the Earth's core. The massive shift in the natural currents of liquid iron could have caused a reversal of the Earth's magnetic poles. Quite similarly, moldavite can sometimes cause dizziness or strange sensations, heightened emotions, or be somewhat overwhelming at first. But for those who resonate well with its energy, moldavite can awaken the desire for spiritual growth and lead to some life changing experiences.

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In recent times, moldavite has emerged as a contender in the legend of the Holy Grail, believed to be the cup or vessel which caught Jesus' blood after His crucifixion. Some accounts describe the Grail as being a cup carved from stone — specifically, an emerald that fell from the sky. In historic times, the ancients referred to all green stones as emeralds, but only one has ever been airborne. So it's entirely possible that the Grail was either made from moldavite or embellished with it. Because of its high vibration and possible connection to one of the holiest relics on Earth, I find it to be an excellent prayer stone and use it religiously when making my own holy water for protection, purification, and healing.

Moldavite can assist in all forms of self healing, clearing blockages, and opening the meridians. It's highly effective at balancing all the chakras, but attunes to the heart chakra in particular — our divine center. By following our heart's desire, we can make positive changes in our lives. By opening our heart, we become more loving and compassionate toward others. Moldavite amplifies these virtues within us, raises our vibration, and helps us serve the highest good, including our own. It's truly a stone of transformation.

While other crystals can amplify or enhance certain qualities within us, moldavite has its own high spiritual frequency, enabling us to open ourselves to life's purest energy. This also makes it ideal for meditation, dream work, and psychic development. Its amazing effect on the third eye and crown chakras is even more profound than the heart. It can help us experience other dimensions and access higher planes of light. Not only does it enhance our receptivity, or radar if you will, but also our understanding of the visions, insights, and messages we receive. It protects against negative energies and can help us release unhealthy or unwanted attachments.

What we do want, however, moldavite can attract to us. It's also been known to bring good luck, great ideas, and harmony in romantic relationships. To own a piece of moldavite is a dose of good fortune in and of itself and one not to be underestimated.

As you might expect, meteorite, tektite, and moldavite work extremely well together for all forms of energy work, especially grids, energy tools (wands, crowns, and so on), and laying on of stones. They're also all highly compatible with any type of quartz. Herkimer diamonds can boost their energy and place more focus on your intent, particularly for psychic and spiritual applications. To help them maintain their ideal state, charge them under the night sky during a meteor shower. And while you're at it, don't forget to make a wish.

Heidi is a psychic medium, clinical hypnotherapist, certified astrologer, and sacred dance choreographer. She's also an avid student and practitioner of metaphysics, with a passion for crystals, and a strong belief in personal empowerment. For questions or more information, contact Heidi@HolisticHypnotics.com or visit www.CrystalMoonParanormal.com or www.HolisticHypnotics.com.

Famous Meteorite Weaponry

Chiba Institute of Technolgy (Tokyo) / SWORD OF HEAVEN: Katanas have a long, proud history in Japan as the sword of choice and symbol of the samurai. The katana is believed to be the manifestation of the warrior's spirit, but the true indestructible force is the fusion of the sword and the samurai together. Tentetsutou, meaning "sword of heaven," was handcrafted by master swordsmith Yoshindo Yoshihara using fragments of a meteorite found near Gibeon, Namibia in 1838.

Museum of Egyptian Antiquities (Cairo) / KING TUT'S DAGGER: When Tutankhamun's tomb was discovered in 1925, his dagger laid with him. At the time of his mummification (est. 1323 BCE), objects made from iron were typically used only for artistic or ceremonial purposes. The fact that this dagger stayed with him signifies a special significance that goes beyond sentimental value, and may have been sacred or divine. Also found in his chamber, the pectoral (necklace) he wore features a scarab amulet with Libyan desert glass as the center stone. Desert glass is a tektite believed to form in the same manner as moldavite, but isolated to the region of the Sahara Desert.

Kunsthistoriches Museum (Vienna); ATTILA THE HUN'S SWORD OF MARS: His name struck terror into the hearts of those who he conquered, and Attila himself believed the source of his power to be his sword, which was given to him by a shepherd. He presumed it to be a gift from Mars, the god of war, and a sign from the gods that his destiny was to conquer and rule the world. No exact evidence links the sword in Vienna to Attila directly, but it's been believed to be the Sword of Mars since medieval times.

2018 Meteor Showers

Date (Peak)	Event	Conditions
May 6-7	Eta Aquariids	North of the equator, rates of 10-30 per hour just before dawn.
July 26-27	Alpha Capricornids	Visible on both sides of the equator, but less than 5 per hour.
July 29-30	Southern Delta Aquariids	Strongest in the southern tropics, this is a fairly weak shower and visibility is faint.
August 11-13	Perseids	During peak activity of 50–75 per hour, location is near the constellation of Perseus. Visibility is best on warm August nights in the northern hemisphere.
October 8	Draconids	Best seen in the north just after nightfall.
October 21-22	Orionids	Medium strength, but visibility is unpredictable.
October 28-29	Southern Taurids	Visible mainly in the south; no more than 5 per hour.
November 10-11	Northern Taurids	Same as above, but visible in the northern hemisphere.
November 17-18	Leonids	Estimated rate this year is only 15 per hour.
December 13-14	Geminids	Usually the strongest of the year, with good activity from 10 pm through midnight near the constellation of Gemini.
December 21-22	Ursids	Visible in the north only, but only 5-10 per hour.

Tai Chi, Martial Arts & Self Defense (cont.)

Tai Chi Pushing Hands with Joseph Wang • Wednesdays, 5:30-7:30 p.m. • Pushing hands is an interactive Tai Chi training which helps you experience the world in a nonreactive and calm way, find freedom and power within yourself, and interact with others without compromising yourself. $70/month, $21/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Tai Chi for Arthritis with Jan Katz • Thursdays, 1-1:50 p.m. • Medical studies have shown this particular program to relieve pain for people with arthritis and improve their quality of life, as well as preventing falls for older adults. Although especially effective for arthritis, it is a great start for beginners to improve health and wellness. $50/month or $17/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Chen Tai Chi Ch'uan with Joe Walters • Mondays and Thursdays, 5:30-6:30 p.m., Saturdays 10-11 a.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness. Instruction in stance training, silk-reeling exercises, and Chen Tai Chi forms. $10/visit. $85/month. Contact Joe at 761-8786; annarbortaichi@gmail.com or annarbortaichi.com.

Tai Chi for Kids with Jonathan Buckman • Sundays, 4:30-5:30 p.m. • From the slow Tai-Chi form, which activates balance and calm, to playful Pushing Hands, which gives safe, gentle outlet to explore themselves, to meditation techniques which they can use in the classroom and at home. This class invites kids to learn about themselves and introduces them to skills that will bring them a lifetime of happiness. Available to children from 5-17. $70/month, $21/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Tai Chi at Weber Center with Bonnie Yarbrough • Mondays, 4:30-5:30 p.m. • Tai Chi is an ancient exercise that involves slow-paced turning and stretching. It has been shown to help improve circulation, balance, posture, increase strength and flexibility, and reduce stress. Good for all ages. Wear comfortable, loose clothing with tennis shoes or socks. $5/session. Contact the Weber Center at (517) 266-4000; webercenter@adriandominican.org or webercenter.org.

Tai Chi: Beginning through Advanced with Good EnerChi Studio and Staggerin' Dragon School of Tai Chi • Ongoing classes • Tai Chi classes are for individuals of any age and fitness level who seek to relax and have fun with this engaging body/mind activity. Tai Chi is a peaceful, flowing, low-impact exercise, well-suited for calming and centering. Free/low fee. Contact Karla at 325-4244; karla@goodenerchistudio.com or goodenerchistudio.com/classes.

Martial Arts Classes with Huron Valley Aikikai • Monday-Saturday mornings and evenings • Huron Valley Aikikai is a community of martial arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children's Aikido. For complete information, call 761-6012; hv-aikido.com.

Martial Arts Advantage • Morning and evening classes daily • An extensive collection of fitness and martial arts courses, Martial Arts Advantage offers classes for young children to adults in their 60s and older. Classes include yoga, pilates, cardio kickboxing, boot camp, and specialized martial arts training. First class is free. Memberships available. Call 996-9699; themartialartsadvantage.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated as "the way of harmony with nature or universal energy." Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strike harmony with nature. Children's classes offered also. Call 662-4686; aikidoyoshokai.org.

Asian Martial Arts Classes with Ryan Wilson and Barbara Marynowski through White Crane • Ongoing evening classes • Traditional, fully Asian-recognized martial arts training methods sponsored through Juko Kai International and the International Okinawan Martial Arts Union. Call 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Call 994-3620; a2amas.com.

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Ongoing classes • Classes include Chen style tai chi chuan basic principles, a unique movement art that emphasizes inner stillness and relaxation developed through disciplined whole body integration and refined awareness, with an emphasis on balance relaxation, and whole body unity. $85/month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaichi.com.

B.C. Yu Martial Arts Center • Ongoing classes • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsu, Modern Arnis, Mixed Martial Arts, and Fitness Kickboxing. Children's program teaches life skills. Call 994-9595; questions@bcyu.com or bcyu.com.

Tarot & Divination

Drop-in Tarot/Psychic Readings with Kathy Bloch • Tuesdays, 5:30-8:30 p.m. at Crazy Wisdom • $1.50/minute. No appointment necessary. Contact 663-0435.

Drop-in Tarot/Psychic Readings with Rebecca Williams • Thursdays, 6-9 p.m. at Crazy Wisdom • $1.50/minute. No appointment necessary. Contact rebeccawilliams999@comcast.net.

Drop-in Intuitive Tarot with Gail Embery • First and Third Fridays, 6:30-9:30 p.m.; First and Third Sundays, 3-6 p.m. at Crazy Wisdom • Gail Embery has many years of experience as a Tarot Reader. She reads the cards intuitively while incorporating her abilities as a natural medium and gifted clairvoyant. Gail is also a licensed professional counselor. $1.50/minute. Contact 655-7694; emberyg@yahoo.com or readingswithgail.com.

Crazy Wisdom has a large selection of Tarot Decks, Oracle Decks, Divination & Tarot Books and Tools

Native Spirit • Kim Krans • Past Lives • Doreen Virtue • Numerology • Jasmine Becket-Griffith • Alana Fairchild

Where Do We Distribute The Crazy Wisdom Community Journal?

11,000 copies of The Crazy Wisdom Community Journal are distributed to more than 235 locations in the Ann Arbor area, including Crazy Wisdom Bookstore, Whole Foods, Castle Remedies at the Parkway Center, the Food Co-op, Kerrytown, Nicola's, the Zen Temple, Sweetwaters, Pharmacy Solutions, Michigan Union, the Better Health Store, North Campus Commons, U-M, EMU, WCC, Arbor Farms, the Center for Sacred Living, Complete Chiropractic, the Lotus Center, the Lighthouse Center, Jewel Heart, Tsogyelgar, Yoga Space, Michigan Theater, Seva, Zerbo's, Clark Pharmacy, the Dakota Building and the Weber Center.

We also distribute to the offices of dozens of doctors, holistic health care providers and therapists.

If you'd like us to bring copies of *The CW Community Journal* to your office, studio or center, please call us at 734-665-2757 or email: bill@crazywisdom.net.

A Call to Your Wisdom with Jeanne Adwani • Sundays, 4-6 p.m. • We will unfold into the 78-card wisdom stories, understanding the elements, the numerology, the archetypes, and the energetic possibilities. We look to layouts and journaling as ways to deepen and celebrate, release, and expand our stories. $20/class, must commit to five classes. Contact Jeanne at 320-3973; jeanne@evenstarschalice.com or evenstarschalice.com.

Tea Events

Mother's Day Fairy Tea at Crazy Wisdom • Sunday, May 13, 1 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical party on Mother's Day. Tea and treats will be served by fairies, followed by a story time and magic show in the community room. Fairy attire is encouraged. Tickets may be purchased at crazywisdom.net. No charge for children under 18 months. $11. Contact Jessica at jessicameyer@crazywisdom.net.

Tea with the Fairies at Crazy Wisdom • Thursday, Aug. 16, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical end-of-summer tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. $11. Contact Jessica at jessicameyer@crazywisdom.net.

Therapy & Support Groups

Mindfulness-Based Forgiveness Group Reunion with Mariko A Foulk • May 18, 1:30-4 p.m. • Contact Mariko at 764-2556; mfoulk@umich.edu or med.umich.edu/geriatrics/community/index.htm.

Complicated Grief, Coming to Grips with a Death from Addiction with Joan Ebbitt • Friday-Saturday, June 29-30, 7-5 p.m. • Death is difficult. When it is the result of addiction, it is often complicated. This retreat invites you to gather, share, and learn from others who are grieving loved ones lost to this serious illness and through the time together, begin to see a way forward. Feel free to bring a photo or memento of your loved one. $125/single. $80/double. $50/commuter. $10 non refundable deposit. Registration required. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Transpersonal Psychology

The Ego in Buddhism and Western Depth Psychology with Diane Martin Roshi • May 12, 5-6:30 p.m. • Many of the insights arriving at Western depth psychology in the early 20th century were preceded by Buddhism by 2000 years. Dr. Martin will talk about the parallels and some distinctions between Buddhist understandings and practices--and the impact of depth psychology on modern life. Anyone who is interested in East-West studies can enjoy this presentation on how to use ancient and modern mental health practices in everyday life. Donations welcome. Contact Marta at (248) 202-3102; jissojizen@gmail.com or jissojizen.org.

Connecting to Our Primary Archetype through the Art of Allowing with Sibel Ozer • Scheduled Individually • Sibel will demonstrate and help you connect to the archetypal energy that is waiting to be heard, and wants to support and validate you at this time in your life. She walks you through the steps of creating a background, bringing forth a dimensional face, and the completion of a painting that includes a symbol of deep meaning to you. The focus is on empowering the awakening of our intuitive and receptive skills as the primary teacher of creative expression; no artistic skill or talent is needed to benefit. $400/eight hours. Materials included. Contact Sibel at (303) 905-1109; fireflyarttherapy@gmail.com or sibelozer.com.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Wednesday, May 4, 12-1:30 p.m. • Begin to identify your unique career dreams and gifts to share with the world. $30. Contact Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Doula Business Development Training with Patty Brennan • Saturday, May 5, 8:30 a.m.-5 p.m. • Learn about thinking like an entrepreneur, establishing your value, acing the interview, marketing on a budget, optimizing your website, online marketing tips, how to network effectively, goal setting and other implementation strategies, time management, and more. Learn from the author of *The Doula Business Guide* and *The Doula Business Guide Workbook: Tools to Create a Thriving Business.* 7.0 DONA continuing ed. hours. $195, $175/early. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Workshops

Interactive Workshop on Nonviolent Communication with Lisa Gottlieb • May 20, 2-5 p.m. • Please join Lisa for a three-hour interactive workshop on Nonviolent-Compassionate Communication, where you will learn tools for reducing conflict and increasing connection in all your relationships, even with people you may find difficult. You will leave this event with things you can start to do immediately, including how empathy for self and others increases connection, how gratitude will support good will and lift your mood, and how to use honest self expression to tackle difficult subjects. $30. Contact Prachi at cprachi17@gmail.com.

Mandala Coloring with the Lighthouse Center • Third Sundays, 4-5:30 p.m. • A relaxing way to spend your Sunday afternoon, coloring mantras. An opportunity to tune inward. Mandalas and markers provided. Love offering. Contact Prachi at cprachi@gmail.com or lighthousecenterinc.org.

Artwork by Ani Daher

"Your work is to discover your world
and ***then with all your heart give yourself to it."***

— Buddha

Writing & Poetry

Crazy Wisdom Poetry Series hosted by Joe Kelty, Ed Morin, and David Jibson • Second and Fourth Wednesdays, 7-9 p.m. in the Crazy Wisdom Tea Room • Second Wednesdays are poetry workshop nights. All writers welcome to share and discuss their own or favorite poetry. Sign up for new participants begins at 6:45 p.m.

Fourth Wednesdays have a featured reader for 50 minutes and then open mic for an hour. All writers welcome. Sign up begins at 6:45 p.m. Free. Contact Ed at 668-7523; eacmorso@sbcglobal.net or cwpoetrycircle.tumblr.com.

May 23 • Richard Tillinghast has published twelve books of poetry and five of creative nonfiction. His most recent publication is *Journeys into the Mind of the World: A Book of Places.* He has taught at Harvard, U. of Michigan, U. California Berkeley, and Sewanee. Retired, he's lived in Ireland and now Hawaii, spending summers in Tennessee.

May 23 • Kevin Gerard Rashid worked as a groundskeeper at Wayne State U. while earning an M.A. in English and then teaching composition, creative writing, and American studies. He now coordinates Honors College courses there and basic literacy tutoring for Detroit Public Schools. His poems have appeared in *Working Words*, *Inclined to Speak*, and *Dispatch Detroit*.

June 27 • Lauren Bernstein-Machlay is a Detroiter whose poetry and essays have appeared in *The Georgia Review*, *The American Scholar*, and *Michigan Quarterly Review*. Her new collection of lyrical prose, *Travelers*, brings to life her recovering city's survivor spirit and the indefatigable nature of family. She teaches at College for Creative Studies.

July 25 • Z.G. Tomaszewski is a rambler, fisherman, musician, and author of three books of poems: *All Things Dusk*, *Mineral Whisper*, and *River Nocturne*. They express a fragile, learned confidence--a spiritual wavering of breath exhaled, a dream cross-hatched through memory. He has won the Hong Kong University International Poetry Prize.

Wellspring Creative Writing Workshop with Julie Mariouw • Aug. 11, 10 a.m.-4 p.m.• Full-day writing workshop. Bypass your inner critic; access subconscious material; develop your natural voice; tap into the healing power of writing. $100. Contact Julie at julie@wellspringwritingworkshops.com or wellspringwritingworkshops.com.

This summer, Linda Diane Feldt ends her 25-year run teaching free Herbal Wisdom classes, sponsored by the People's Food Co-op (and taking place at Crazy Wisdom for the last 19 years)!

Well over 2,000 people in the region have attended her classes over these years, and benefited from Linda's practical knowledge and experience, and her profound appreciation for the healing properties of herbs.

Writing & Poetry

Turtle Disco: Somatic Writing Studio with Petra Kuppers and Stephanie Heit • Ongoing • Turtle Disco is a community arts space in Ypsilanti offering a range of somatic and writing classes: Queer dreaming, Kundalini Yoga and Meditation, Amoeba Dances, Contemplative Dance and Writing, and more. We are dedicated to providing a welcome and supportive environment, grounded in a disability culture framework. Donation. Contact Stephanie at (231) 871-0213; stephanieheit@gmail.com or stephanieheitpoetry.wordpress.com/home/turtle-disco-classes/.

Yoga

Catch and Release: A Yoga Writing Workshop with LulaBelle Yoga and Meditation at Crazy Wisdom • Sunday, May 6, 12:30-3 p.m. • Yoga is all about accepting and letting go. Often times we experience intense sensations, thoughts, and stories during our yoga practice and throughout our daily lives. This workshop will give the opportunity to catch some of those things and sit with them, and then release them. $15 cash only at the door. Contact Lindsay at lulabelleyoga.com.

Yogi50 - A Yogi's Life and Introduction to Prithvi Namaskar with Lawrence A. Carney at Crazy Wisdom • May 10, 6:30-8:30 p.m. • Start the evening learning about Prithvi Namaskar Yoga. Then enjoy a 50-year-old Yogi's perspective on Life. Flexible clothing recommended. Free. Contact Lawerence at 276-6151; larrycarney@comcast.net or yogi50.com.

Yoga Sutras: The Alternative Model with Navtej Johar at Crazy Wisdom • May 17, 6 p.m. • In the Yoga Sutras, Patanjali offers us a choice to believe or not to believe in Iswara or God. This talk will focus on the practice that ensues out of the latter option. Lesser known, it liberally draws upon the Buddhist canon, is abstract in its approach, privileges enquiry, and relies on insight rather than belief. Free. Contact Navtej at 663-0084; nsjohar@gmail.com.

Yoga (cont.)

Inward Bound Yoga at Friends Meetinghouse • Spring session beginning May 7, Summer June 18 • Variety of approaches to yoga, including Hatha, Prenatal and Postnatal, Ashtanga, and several flow classes coordinated with music. For class descriptions and fees, see website: ibyoga.com.

Kundalini Yoga Teacher Training • Ten-month program begins May 12-13 • Level One Certification. Consists of 220 hours. Lead trainers: Keval Kaur, Krishna Kaur, and Mahan Rishi Singh Khalsa. $3,950. Payment plans available. Contact Mohinder at 276-6520; starbillie@gmail.com or a2kundaliniyoga.com.

Professional Yoga Teacher Training RYT200, RYT300, RYT500 with Ema Stefanova • Courses start May 15 • These comprehensive custom-tailored programs are well designed to systematically deepen your understanding of yoga and meditation, develop your personal yoga and meditation practice (sadhana), and develop skills for safely teaching yoga and meditation to others. Register early and save! Contact Ann Arbor Yoga and Meditation at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Free Trial Yoga Classes with Sue Salaniuk • May 25, June 29, July 27, Aug. 31, 6-7 p.m. • A Free Trial Yoga class for everyone interested in learning about Iyengar Yoga. No registration necessary. Free. Contact Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

200-Hour Yoga Teacher Training with Carole Caplan • Begins in June • This 200-hour Yoga Alliance training will help students deepen their practice or prepare to teach. Includes asana basics, breathwork and meditation, study of the body, philosophy, ethics, seva, teachings skills, and a rich sense of community. See website for dates and price or call Carole 847-922-9693; carolecaplan@livebychoice.com or livebychoice.com.

Compassionate Yoga with Mary Seibert • Sundays, 9-10:15 a.m. • Hatha Yoga is appropriate for beginners and seasoned yoga students. Emphasis on mindfulness, breath, movement, strength, and balance. $15/pre registered. $17/drop-in. Contact Mary at 323-2520; mvsa2mvs@gmail.com or compassionateyoga.info.

Open Level Yoga with Michele Bond of Yoga House • Sundays, 4-5:30 p.m., Thursdays, 6-7:30 p.m., Saturdays, 10-11:30 a.m. • Mixed level class with variations offered for all levels. $14 preregistered. $18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Classical Hatha Yoga with Triple Crane Monastery • Mondays, 10-11:30 a.m.; Wednesdays, 6-7:30 p.m. • Start with a five-minute warm-up exercise, then one hour of custom yoga poses. Class emphasizes incorporating one's body movements and breathing. Primarily focused on physical discipline, body strengthening, increasing vital life force, and calming one's mind. Free. Contact Winnie at 757-8567; triple.crane@huayenworld.org or huayenworld-usa.org/usa/en/.

Yoga Classes at The Yoga Room with Christy DeBurton • Mondays, 4:30-5 p.m., 6-7:15 p.m., Tuesdays, Thursdays, 9:30-10:45 a.m., 4:30-5:30 p.m., 6-7:15 p.m., Saturdays, 8:30-9:45 p.m. • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Yoga at Imagine Fitness and Yoga • Mondays and Tuesdays, 6 p.m., Thursdays, 11 a.m., Fridays, 12 p.m. • Yoga classes for everyone, no experience necessary. Specific styles include Hatha, Restorative, Beginners, and Fundamentals. $20/drop-in. Contact 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Iyengar Yoga with David Rosenberg • Mondays, 6 p.m.; Thursdays, 7 p.m.; Saturdays and Sundays 10 a.m. • Experience invigorating yoga postures using the methods of B. K. S. Iyengar to strengthen the body, create a feeling of well-being, and reduce stress, and release tension through physical activity and meditation. The instructor emphasizes use of yoga props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. $99/eight classes. Call David at 646-4195; massage4@aol.com or aareced.com.

Restorative Yoga with Kashi Walters • Mondays, 7-8:30 p.m.; Thursdays, 6:30-8 p.m. • Designed to soothe and refresh the body and soul using props and guided meditation. Please bring a yoga mat. $15. Contact Kashi at 883-6947; kashi@kashinivas.org or kashinivas.org.

On May 1, 2018, the Crazy Wisdom Calendar will be available on our website: www.crazywisdomjournal.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" and which starts on page 113.

Ann Arbor Tai Chi *offers instruction in Chen Style Tai Chi Ch'uan. The photos show stationary posture training. This training emphasizes body awareness, balance, proper weight distribution, stretching, and relaxation of body and mind. For more information, see their listings in the calendar on PAGE 108.*

Yoga (cont.)

Hatha Yoga with Kashi Nivas • Mondays, 7-8:30 p.m. • This class uses quieting yoga sequences to help destress and restore the body. The movements calm the nervous system and bring subtle energies back into balance. Please bring a yoga mat. $15. Contact Kashi at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Yoga Flow at the Farm with Carole Caplan • Tuesdays, 10-11:30 a.m.; Sundays, 9-10:30 a.m. • Traditional Kriya hatha postures and techniques with an emphasis on alignment, breath, and philosophy. Small classes offer individual instruction. $10/class drop-in; $90/ten-week session. Contact Carole at 847-922-9693; carolecaplan@livebychoice.com or livebychoice.com.

Yoga Essentials with Michele Bond of Yoga House • Tuesdays, 6-7:30 p.m. • For those new to yoga, or new to this system, learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun. $14/pre-registered. $18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Meditation with Triple Crane Monastery • Tuesdays, 6-7:30 p.m.; Thursdays, 10-11:30 a.m. • Twenty minutes of stretching, 45-60 minutes sitting, followed by a short discussion. Open to all backgrounds and levels. Free. Contact Winnie at 757-8567; triple.crane@huayenworld.org or huayenworld-usa.org/usa/en/.

Yoga with Zen Buddhist Temple • Six Tuesdays beginning May 1 and June 12, 6:30-8 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha) with an emphasis on relaxation, concentration, and working with the breath. Classes fill up quickly, so register early. $60/six classes, $12/drop-in class. Contact Zen Buddhist Temple at 761-6520; annarborzentemple@gmail.com or zenbuddhisttemple.org.

Open Level Hatha Yoga with Ema Stefanova • Wednesdays, 9:30-10:30 a.m. • This class is for new and continuing students. Increase core and overall strength and flexibily. Therapeutic breathing techniques and relaxation are included in each session. $75/five $150/eleven. Contact Ema at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Drop-in Gentle Yoga and Meditation with Erica Dutton • Wednesdays, optional meditation 10:30-11 a.m., yoga 11 a.m.-12 p.m. • Iyengar Yoga for all levels, no experience necessary. Gentle enough for those with back and other body issues. Please bring a yoga mat and wear loose clothing. Donations welcome. Contact Erica at 417-4385; eld0306@yahoo.com or enlightenedsoulcenter.com.

Intro to Kundalini Yoga and Meditation with Mohinder Singh • Wednesdays, 6 p.m. • Kundalini Yoga is the Yoga of Awareness. Yoga means union; this union is with your inner true self. Everyone is welcome - Sat Naam. $12-20. Contact Mohinder at 276-6520; starbillie@gmail.com or a2kundaliniyoga.com.

The Practice with Michele Bond of Yoga House • Wednesdays, 6-7:30 p.m. • Athletes or anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus. $14/preregistered. $18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yin Yoga with Pure Hot Yoga Studio • Thursdays, 12 p.m. • Yin Yoga increases circulation in the joints and improves flexibility. It is a slow-paced style of yoga with postures that are held for longer periods of time. Ranging from 45 second to two minutes. Yin Yoga brings about a meditative awareness of inner silence which is good for beginners. $49/new student special. Contact Lora at purehotyogaa2@gmail.com or purehotyogaa2.com.

Yoga Happy Hour: Basics and Restorative with Michele Bond of Yoga House • Fridays, 6-7 p.m. • Learn basic alignment, simple postures and breath, along with some delicious restoratives. Feel your stress melt away. $11/pre-registered. $13/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Classes at The Yoga Space • Various class times • Offering beginner, intermediate, advanced, and senior classes. Classes are an hour and a half. $108/7 weeks. Contact Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Deep Centering with Ema Stefanova • Ongoing classes 5:30-6:30 p.m. • Classes are designed to effectively relieve stress at a deeper level, both in the body and in the mind. Experience a sense of harmony and centering. Dynamic posture sequences are followed by systematic relaxation and visualization at the end. $75/five sessions. $150/eleven. Contact Ann Arbor Yoga and Meditation at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Yoga with Cats with Tiny Lions Lounge and Adoption Center • Sundays, 8:30-9:30 a.m., Thursdays, 7:30-8:30 p.m. • Practice Hatha style yoga with the furry feline masters at Ann Arbor's own cat cafe! Bring peace to your mind and body while filling your heart with joy as you help animals - proceeds help the homeless animals in our community. $10. Tenth class free! Contact Karen at 661-3530; tinylions@hshv.org or tinylions.org/yoga.

Crazy Wisdom Poetry Series

Crazy Wisdom Tea Room
hosted by Joe Kelty
and Ed Morin

Second and Fourth Wednesday
of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m.: Poetry Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

Crazy Wisdom Poetry Series Featured Readers

May 23 - Richard Tillinghast has published twelve books of poetry and five of creative nonfiction. His most recent publication is *Journeys into the Mind of the World: A Book of Places*. He has taught at Harvard, U. of Michigan, U. Cal Berkeley, and Sewanee. Retired, he's lived in Ireland and now Hawaii, spending summers in Tennessee.

AND

May 23 - Kevin Gerard Rashid worked as a groundskeeper at Wayne State U. while earning an M.A. in English and then teaching composition, creative writing and American Studies. He now coordinates Honors College courses there and basic literacy tutoring for Detroit Public Schools. His poems have appeared in *Working Words*, *Inclined to Speak*, and *Dispatch Detroit*.

June 27 - Laura Bernstein-Machlay is a Detroiter whose poetry and essays have appeared in *The Georgia Review*, *The American* Scholar, *and Michigan Quarterly Review*. Her new collection of lyrical prose, *Travelers,* brings to life her recovering city's survivor spirit and the indefatigable nature of family. She teaches at College for Creative Studies.

July 25 - Z.G. Tomaszewski is a rambler, fisherman, musician, and author of three books of poems: *All Things Dusk* (winner of the Hong Kong University International Poetry Prize), *Mineral Whisper*, and *River Nocturne.* His work expresses a fragile, learned confidence—a spiritual wavering of breath exhaled, a dream cross-hatched through memory.

There is not a Featured Reader in August

CRAZY WISDOM POETRY CIRCLE

The Poetry Series is open to all.
There is never a charge.

Crazy Wisdom Bookstore
114 S. Main St., Ann Arbor
734.665.2757 crazywisdom.net
cwpoetrycircle.tumblr.com

Yoga (cont.)

Rise and Shine Yoga with Michele Bond • Fridays, 7-8:15 a.m. • The class begins with candlelight as the sun rises over the nearby treetops and ends in the full light of the new day. Mixed-level practice. $14/registered; $18/drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Rise and Shine at Nine with Michele Bond • Thursdays, 9-10:15 a.m. • Includes the goodness of the original Rise and Shine class but at a later hour. $14/registered; $18/drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Gentle Yoga with Marlene McGrath • Ongoing Classes • Expanded offerings of gentle yoga classes designed for students who want a more supported and slower-paced class. These classes feature props and modifications to promote elasticity, strength, and stability for those who may have mobility, stamina, or balance issues. Suitable for beginners or experienced students. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

Prenatal and Postnatal Yoga with Marlene McGrath • Ongoing Classes • These classes are designed to support the changes of a pregnant body, instill confidence in the body's abilities, and provide physical, mental, and emotional preparation for birth and mothering. Postnatal yoga is practiced with babies present. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

Iyengar Yoga at Yoga Focus with Karen Ufer • Day, Evening, and Weekend classes • All levels of classes are taught including gentle, new beginner, and prenatal. All props are provided. Instruction in Iyengar method is invigorating, safe, and enhances well being. $18/drop-in; $15/class for session. Contact Karen at 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Harmony Yoga of Ann Arbor: Iyengar Yoga Classes with Karen Husby-Coupland • Ongoing classes • Classes for beginners and for more experienced yoga students, as well as gentle yoga for those who prefer a supported, slower-paced approach to the practice of yoga. $18 class (discounts for multiple classes). Contact 222-9088; Karen@HarmonyYogaAnnArbor.com or HarmonyYogaAnnArbor.com.

Intensely Gentle Yoga with Patty Hart • Ongoing classes • These classes are for those seeking a slower-paced class, those who are new to yoga, or those needing more adaptation for postures using props. Students are encouraged to develop a deeper sense of self observation and concentration by focusing on their breathing while moving into, sustaining, and exiting poses. Call 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Iyengar Yoga Classes with Laurie Blakeney • Ongoing classes • Safe, transformative, and educational instruction in the art of practicing yoga asanas (postures). Call for session rates and drop-in fees. Call 663-7612; aasylaurie@gmail.com or annarborschoolofyoga. com.

Iyengar Yoga with Kirsten Brooks • Ongoing classes • These classes will follow the teachings of B. K. S. Iyengar to explore the subject of yoga through the lens of physical poses. No prior yoga experience necessary. $120, regular fee, pay what you are able. Call Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Purna Yoga with Raisha Love • Call for times • Come back to the roots of yoga in our new studio. This form of yoga focuses on posture safety and alignment, breathing, and mind-focusing techniques combined with lifestyle and nutrition tips to create a better life. There is no need to have any experience or be flexible, as the class is custom fit to participants' needs. Contact (989) 284-1042; askraisha@yahoo.com or purnayogaannarbor.com.

*"Our task **must be to free ourselves by widening our circle of compassion** to embrace all living creatures and the whole of nature and its beauty."*

— Albert Einstein

Teachers, Lecturers, Workshop Leaders, and The Centers

Melanie Fuscaldo, *L.P.C., N.C.C., is a licensed and nationally certified counselor and life coach specializing in joyful transformation. She is offering a variety of workshops, including living your career dream; finding the gifts in divorce; meditation in every day life; a loving kindness toolkit; the Emotional Freedom Technique to enhance your life; and heart math for increased intuitive ability and spiritual transformations. For more information, see her listings in the Energy Healing, Stress Management, and Work/Right Livelihood Sections.*

Aaron is a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime he was a vipassana meditation master, but he has lived in many different bodies and followed many spiritual paths. He is channeled by Barbara Brodsky.

Linda Adamcz, MSW is a Certified Practitioner of Integrative Breathwork and Psycho-Spiritual Integration. She has worked in the mental health field for nearly 30 years.

Jeanne Adwani, Tarot enthusiast since the early '70s, serving the never-ending stories we all travel in. She seeks the best of the stories that enrich one's life.

Nia-Avelina Aguirre, ND is a board-certified Naturopathic Doctor and has been in the natural health, fitness, and wellness profession since 1983. She offers non-toxic, non-drug options along with bodywork and energy therapies for radiant health.

Erik Anderson LMSW, CAADC is a therapist with the University of Michigan Counseling and Psychological Services.

Ann Arbor Center for Mindfulness has a mission to cultivate and support the understanding of mindfulness to promote health and wellbeing.

Ann Arbor Co-Counseling is part of the international co-counseling community. Co-counseling is a peer process for processing strong emotions in a culture of validation and non-judgment.

Ann Arbor District Library (AADL) Ann Arbor's public library serving the community of the Ann Arbor School District.

The Ann Arbor Earth Day Festival is an annual celebration coordinated by the Ann Arbor Earth Day Festival Planning Committee, a coalition of local environmental nonprofits and agencies, and held at Leslie Science and Nature Center.

Julie Arkison has owned and operated Synchrony Farm with her husband, Jim, since 1989. A graduate of the University of Michigan with a combined degree in Psychology and Art History, Julie blends this background with her many years of horse experience. Growing from rider in childhood, to teacher and trainer, she has studied both Dressage and Western Trick trainers from around the world. Whether interacting with horses on the ground or riding, she believes that horses help people explore the many rich layers of inner life in wonderful ways.

Awaken Ann Arbor is an inclusive community dedicated to non-dogmatic spiritual growth through a unique approach to practicing meditation, discovering one's purpose, and engaging in meaningful action.

Marcia Bailey, MA, PhD is a certified Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, Certified Transformational Breath Facilitator, and Senior Trainer with the Transformational Breath Foundation.

Deanne Bednar, MA has taught middle school art for 28 years, and sustainable future classes for 15 years. She is the director and teacher at Strawbale Studio, focusing on natural building, and sustainable living skills since 2003.

David Bell is a founder of Ann Arbor's Interfaith Center and he has been a longtime teacher of *A Course in Miracles*.

Linda Steinborn Bender, ACSW, LMSW has spent 30 years helping adults manage day-to-day life by adjusting to health, trauma, abuse, and grief. She has worked in several hospice settings.

Sandra Berman is a trained Sage-ing Circle facilitator. She comes to this process through a background in meditation, education, pastoral care/counseling and group facilitation.

Swami Beyondananda has traveled the world offering comedy disguised as wisdom -- or is it wisdom disguised as comedy?

Leslie Blackburn, MS, RCST is a Sacred Sexual Healer and Transformational Guide. She is a leading educator and coach of sacred sexuality and tantra in the U.S.

Kathy Bloch is a Tarot reader, born and raised in Hawaii. She has studied Tarot since 1980 and likes to collect Tarot decks from around the world. She has been doing public readings since 1995.

Bloom Gardens is a local nursery and garden boutique specializing in unique plants, local and organic gardening supplies, and whimsical garden décor.

Carole Blotter draws her meditation practice from dual roots in Quaker and Buddhist traditions. She has been teaching meditation since 1999, and she is a teacher for The Forest Way, an organization dedicated to providing retreats conducive to balanced and integrated spiritual growth.

Blue Sage Health's mission is to educate and empower you to achieve your highest quality of life with the use of plant-based cannabidiol (CBD).

Bodyworks Healing Center offers a variety of holistic health services from certified massage therapists and other certified practitioners.

Michele Bond has over 800 hours of training in yoga, yoga therapeutics, and meditation with internationally-recognized instructors. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed for free in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

Teachers, Lecturers, Workshop Leaders, and The Centers

Tammy Braswell is an intuitive channel, energetic creation coach, teacher, and high vibrational healer.

Breastfeeding Center of Ann Arbor offers comprehensive and professional support services for breastfeeding mothers and babies, including private consultations, weekly MotherBaby support groups, and breastfeeding-related retail.

Patty Brennan, Director of Center for the Childbearing Year and co-owner of Lifespan Doula Association, is a professional birth, postpartum, and end-of-life doula trainer. Patty is the author of *The Doula Business Guide* and provides business development support for doulas.

Dr. Tana Bridge, PhD, ACSW, LMSW, ACTP is a Professor, School of Social Work, Eastern Michigan University and award-winning trauma expert.

Barbara Brodsky is the founder and guiding teacher of Deep Spring Center and an ordained Interfaith Minister. She has been practicing meditation since 1960, teaching since 1989, and she draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Jonathan Buckman is a lifetime student of the martial arts and an instructor with SUN SHEN. He is also a social worker and a chess teacher to over 2,000 children.

Christina Burch, BFA, MA, BPS, MS is a Vajrayana practitioner who lives in retreat at Tsogyelgar. She is an internationally recognized artist, as well as a practitioner of Classical Chinese Acupuncture.

Dawn Burnell-Powers is a Neuro-Developmental Therapist who has worked with the Masgutova Method (MNRI) since 2006. Dawn currently works with children with developmental challenges, and adults who have sustained neurological injuries or who have progressive neurological diseases.

Diana Burney RN, BSN, M.ED is an Internationally Certified Clinical Hypnotherapist with over 25 years of experience in the field. She is the owner of Mind's Gate in Ann Arbor where she has lived since 2005.

Dr. Todd Butler farms in south central Michigan and brings twenty-five years of experience as a professor of theology, and as a higher education administrator. He is certified in Equine Facilitated Learning and Coaching and regularly leads retreats and facilitates workshops nationally.

Carole Caplan, E-RYT 500 teaches yoga and meditation to weave ancient wisdom into modern life. She bases her yoga teaching on traditional Kriya techniques and she is also certified in Thai Yoga Bodywork.

Dave Carr has worked as a professional artist for six years, studying under world-class mentors from such venues as Imaginism Studios and Dreamworks Studios, as well as Hugo Award-winning illustrator Stephan Martiniere. Dave's experience spans several industries, from video games to children's books, as well as his own freelance work under the pseudonym "Cave Darr."

Kapila Castoldi has studied meditation under the guidance of spiritual teacher Sri Chinmoy for 30 years. Her interest in Ayurveda as a complement to meditation spans two decades.

Atmaram Chaitanya is the director of the nonprofit Kashi Nivas Shiva Meditation Center. He has offered over 40 years of service as a teacher of meditation, self-inquiry, and kirtan chanting in the Ann Arbor area.

Center for the Childbearing Year is Michigan's premier birth and postpartum doula training center with professional certification through DONA International. Also offering comprehensive childbirth preparation programs, including online classes hosted by Patty Brennan. center4cby.com

Carl Christensen, MD, PhD, FACOG, FASAM, ABAM is a board-certified addictionologist and pain management specialist.

Venerable Thubten Chodron is an author, teacher, and the founder and abbess of Sravasti Abbey, the only Tibetan Buddhist training monastery for Western nuns and monks in the U.S. Ven. Chodron teaches worldwide and is known for her practical (and humorous!) explanations of how to apply Buddhist teachings in daily life. She has published many books on Buddhist philosophy and meditation, and is currently co-authoring a multi-volume series of teachings with His Holiness the Dalai Lama on the Buddhist path, *The Library of Wisdom and Compassion*. The first volume, *Approaching the Buddhist Path*, was available July 2017.

Alan Clay is from New Zealand and will be making a special stop in Michigan to share his knowledge about Sedna.

Jules Cobb is a therapist with Dawn Farm Youth and Family Services.

Lorri Coburn, MSW is a psychotherapist and interfaith minister. She is author of *Breaking Free: How Forgiveness and "A Course in Miracles" Can Set You Free*.

Diana Cramer, MA has been co-facilitating the Ann Arbor Death Café since 2012. She is a natural death educator, home funeral guide, green burial advocate, and advanced care planning consultant.

Reverend Taikodo Marta Dabis is a board-certified hospital chaplain at Saint Joseph Mercy Ann Arbor and ordained Zen priest in the SFZC Suzuki/Katagiri lineage.

Paula D'Arcy is a writer, internationally known retreat leader and speaker. In 1975 she survived an accident in which her husband and 22-month-old daughter were killed. She gave birth to another daughter six months later and began the long journey of healing which has guided her life and opened her heart. She is also the founder of Red Bird Foundation which touches the lives of men and women in jail and prison, the disadvantaged and all who long to live life in the largest way.

> *"Freedom is **the disappearance of that which is searching** for freedom."*
>
> — Adyashanti

Ray Dalton is the Coordinator of Dawn Farm Outpatient Services and former coordinator of the state suicide prevention hotline in Kansas.

Dawn Farm Youth and Family Services Team provides assessment, intervention, treatment, education and support services for adolescents experiencing problems with alcohol and other drug use, and for their families.

Christy DeBurton, RYT is a Registered Yoga Teacher who has received training from both Omega Institute for Holistic Studies and The Center for Yoga. She has been teaching yoga since 1998.

Deep Spring Center for Meditation and Spiritual Inquiry is a nonprofit organization devoted to offering teachings of nonduality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.

Joan Delaplane, OP has a broad experience range in preaching, directing retreats, and conducting workshops in preaching for both Catholic and Protestant ministers. Spiritual direction has been her avocation for the past 25 years.

Mary Ellen Derwis, LMT is a Chi Nei Tsang Senior Teacher in Master Mantak Chia's system, certified to teach Chi Nei Tsang Healing Abdominal Therapy 1-3, Qigong Meditation Basics, Tao Yin, and Fusion of the Five Elements 1. She is the first, and only, instructor in the US certified to teach CNT beyond Chi Nei Tsang 2.

Mary Jo Desprez is the Director, Wolverine Wellness, University Health Service, University of Michigan.

Tarianne DeYonker is a Certified Amherst Writers and Artists Leader.

Yael Dolev is a passionate advocate for the joy of eating nourishing food, with a particular focus on the Mediterranean diet and making the most of dietary limitations. She offers her services to the public via Dolev LLC Nutrition Choices & Behavioral Counseling. With a background in agronomy, botany, ecology, and coaching, she is a board member of Chelsea Community Kitchen, and a former editor of "Food and Kitchen" magazine.

Kate Durda, MA is a shamanic practitioner, esoteric healer, published researcher, developmental psychologist, and co-founder of Spirit Weavers. She has extensive training with the Foundation for Shamanic Studies, Sandra Ingerman, and various cultural shamanic traditions such as Tibetan, Andean, Celtic, Buryatan, and various Native American traditions.

Erica Dutton is a retired nurse who has practiced and taught yoga for many years.

Joan Ebbitt, LMSW, is a spiritual director and licensed clinical social worker. She specializes in ministering to religious clergy and others in their quest to experience the divine.

Connie Lee Eiland has been a shamanic practitioner for 15 years and a physical therapist for 47 years. Since 2000, her shamanic studies have been with Sandra Ingerman, Betsy Bergstrom, Carol Proudfoot-Edgar, Nan Moss, and Larry Kessler.

Gail Embery has many years of experience as a Tarot reader. She reads the cards intuitively while incorporating her abilities as a natural medium and gifted clairvoyant. Gail is also a licensed Professional Counselor, and received her Master's degree from WSU in Counseling Psychology

Sister Sara Fairbanks, O.P., Ph.D. has served as an Associate Professor of Systematic Theology at Barry University in Miami. An Adrian Dominican Sister, Dr. Fairbanks holds a Master of Theology from Aquinas Institute of Theology in St. Louis and a Doctorate in Theology at the University of St. Michael's College, the Toronto School of Theology in Toronto, Canada.

Linda Diane Feldt, a student of the healing arts since 1973, is a holistic health practitioner, teacher, and writer who has taught herbal classes locally for over 40 years.

Anna Fernandez is an herbalist, midwife, EMT, and mother living north of Chelsea. She has been studying plant medicine since the early '90s. She owns Mother Bloom Botanicals, grows and wildcrafts much of her own medicines, teaches, and helps to organize the Great Lakes Herb Faire.

Catherine Fischer is a certified Hand-in-Hand Parenting Instructor and DONA Certified Postpartum Doula, has been working with families since 1994. She is a former elementary teacher, an experienced birth and postpartum doula, and a long-time parent support group leader.

Beverly Fish is a psychic medium and Astrologer. She does private readings by appointment.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman. She has made a career out of her passion for building community by bringing people together to drum.

Susan Flinders is a Fully Licensed Clinical Psychologist and Board Certified Psychoanalyst.

Deb Flint is the bookstore manager at Crazy Wisdom and former Adjunct Professor at Siena Heights University and Adrian College.

Food Gatherers is the food rescue program and food bank for Washtenaw County, distributing 6.5 million pounds of food to 170 non-profit programs that serve nearly 44,500 low-income adults, seniors, and children annually.

Teachers, Lecturers, Workshop Leaders, and The Centers

Marcella Fox is an intuitive reader at Crazy Wisdom.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and at the Berkeley Psychic Institute with founder Lewis Bostwick. His newest and third book, with Gloria Hemsher, is *Psychic Psychology: Energy Skills for Life and Relationships*.

The Friends of the Ann Arbor District Library is a committed nonprofit group of volunteers that operates the Friends Book Shop in the downtown library and supports the activities of the Ann Arbor District Library.

Jerry Fouchey is a Dawn Farm Outpatient and Personal Medicine therapist.

Mariko Foulk has been a psychotherapist for older adults over twenty years through University of Michigan Geriatrics Center, and mindfulness teacher/therapist for almost ten years.

Melanie Fuscaldo, MA, LPC, NCC is a licensed and nationally-certified counselor and life coach specializing in joyful transformations.

Pam Gallagher, CAP, has over 40 years of experience in practicing, studying, and teaching astrology. She has a fulltime astrological practice on Wholistic Astrology at the Midwest School of Astrology.

Amy Garber, BA, RMT, is a medical intuitive, psychic, and channel who aids people on their path by consulting with their spirit guides, illuminating past lives, encouraging intuitive development, and connecting with departed loved ones. She is the co-director of the Enlightened Soul Center and co-founder of Intuitives Interactive.

Ann Gee is a Spiritual Enlightenment Coach, Clairvoyant Spiritual Medium, Priest of the Order of Melchizedek, American Pagan Priestess, Lightworker, Seeker, and Teacher.

Dr. Chuck Gehrke is a board certified addictionologist.

Norma Gentile is a natural clairvoyant who trained as both a professional singer and energy healer. She and her guides, most often Archangel Michael, Mary and the Hathor Atamira offer insights, healing music and online courses focusing on energy, sound and healing at her website.

Ann-Margaret Giovino and Alexis Neuhaus are SUN SHEN tai-chi instructors and senior students of SUN SHEN Tai-Chi Lineage Holder Master Sang Kim.

Curtis Glatter is a professional percussionist and multi-instrumentalist.

Golden Lotus, Inc. teaches the science of yoga and its practical applications so that all can achieve the highest levels of physical, mental, emotional, and spiritual wellbeing as they progress on their path toward self-realization.

Lisa Gottlieb is a social worker, local food activist, and Nonviolent Communication certification candidate.

Kay Gould-Caskey has been teaching art since 1970. Many of her students exhibit locally, nationally, and internationally.

Karen Greenberg, RPT is a registered physical therapist who has taught for many years at University of Maryland Hospital, dance studios, and via Skype around the world. She is currently a metaphysical teacher of personal and spiritual growth.

Lynda Gronlund-Naeem is a 3rd degree black belt and certified self-defense instructor with over ten years experience.

Paulette Grotrian, MA, was trained through the UMass Medical School Integrative Medicine Center for Mindfulness and the University of California San Diego Center for Mindfulness. She has studied with Jon Kabat-Zinn, Jack Kornfield, Sharon Salzberg, Kristin Neff, Christopher Germer, and Thich Nhat Hanh. She is a founding member of the Ann Arbor Center for Mindfulness.

David M. Hall is a bee-keeper, educator, and rescuer, having rescued over 4.5 million honeybees from extermination and founded two apiaries. He also has a Permaculture Design and Permaculture Teacher certification.

Nirmala Nancy Hanke, MD is a long-time meditator and teacher of meditation at Lighthouse Center. She is a psychiatrist and therapist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen, MA, LLP, is a certified Enneagram teacher psychotherapist, spiritual and personal advisor and couple's enhancement coach.

Craig Harvey has been leading peace meditations and world healing vigils since 2001, many of them for 24 hours. He hosts the Peace Generator on the third Friday of each month at the Interfaith Center and the 24-hour Peace Generator every three months.

Simran Harvey has been an astrologer for over half her life. In 2009 she was certified in the Advanced Pulse Technique, a powerful clearing energy to facilitate change at the energetic level. She received additional training to do the energy work over the phone, on up to twelve people simultaneously.

Elizabeth Hazel is an astrologer, tarotist, and author of several books. She has been the SMARRT group's president and is currently a board member.

Marg Heeney, MSW works together with people and their guides to identify emotional or spiritual stuckness which interfere with your success, health, and peace of mind. As a medical intuitive, empathic, and healer with over 20 years of experience, Marg uses various healing methods to assist people to quickly remove emotional, physical, or spiritual pain.

Heidi is an accomplished psychic medium, clinical hypnotherapist, certified astrologer, sacred dance choreographer, and award-winning event producer. She has a passion for crystals, and currently writes the crystal column for the Crazy Wisdom Journal.

Stephanie Heit is a poet, dancer, and teacher of somatic writing, Contemplative Dance Practice, and Kundalini Yoga.

The Humane Society of Huron Valley is a not-for-profit, tax-exempt public charity. We are independently run and rely on the generosity of people like you to continue our mission to support the loving, responsible care of every animal in our community. HSHV is not affiliated with or funded by Michigan Humane Society or any other humane organization.

Kelli Hurren is a Reiki Master & Life/Meditation/Spirituality Coach empowering others in the art of self-mastery and goal attainment. She believes knowing foundational concepts and consistent daily meditation practice are both vitally important during learning and discovery processes.

Interfaith Center for Spiritual Growth. Spiritual seekers joining in community to attract others of like mind, creating an atmosphere and structure to foster and stimulate our individual and collective spiritual growth.

Inward Bound Yoga has offered a variety of approaches to the ancient discipline of yoga since 1995.

Dave Jibson is a poet, blogmaster, and editor.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone. Among the last generation of incarnate lamas tutored by the masters of Old Tibet, Gelek Rimpoche's command of western culture enabled him to convey the Tibetan Buddhist tradition with wisdom, wit, and kindness.

Gwyn Jones is a certified STOTT Pilates and TRX instructor with a emphasis on natural movement and alignment.

Virginia June LMSW, MAC, CAADC, RT has been a therapist in the addiction field for 28 years, NADA trainer for 14 years, and in long term recovery for over 30 years.

Jan Katz is a senior student of SUN SHEN Founder, Master Sang Kim. She is also a certified instructor of the Tai Chi for Arthritis Program of Dr. Paul Lam's Tai Chi for Health Institute.

Joe Kelty is a poet and teacher of English and biology at area community colleges.

Andrea Kennedy is a Reiki Master Practitioner and Instructor, practicing since 1995. She sees clients at Borer Family Chiropractic in Saline, MI, and brings Reiki into the mainstream through education and social media.

Esther Kennedy, OP, MSW a Dominican Sister of Adrian, is a spiritual director, retreat leader, and clinical social worker.

David L. Kent is an Investment Advisor Representative with LPL Financial. He has a special interest in Socially Responsible Investing and financial planning that is compatible with a healthy world. Securities offered through LPL Financial, Member FINRA. Member SIPC. David Kent may only transact and/or discuss securities business with residents of the following states FL, MI, OH, VA.

Master Sang Kim is an engineer, Christian mystic, and inheritor of Master Gabriel Chin's Yang Style Tai-Chi lineage. Originally from Korea, he has practiced martial arts, cultivation methods, and healing for more than 30 years and has been teaching since 1992.

Katherine King has studied, professionally practiced, and taught restoration of the body, mind, and planet for over 35 years using various modalities, including environmental psychology, permaculture, spiritual retreats, massage, aromatherapy, and environmental engineering. Katherine has completed the Level II iRest Teacher Training and is working toward Certification with the Integrative Restoration Institute, a nonprofit organization.

Amy Lynn and Markus Koch are sanctioned and seasoned guides. They are passionate about supporting seekers on this once-in-a-lifetime experience. They are sensitive and accommodating to individual needs, providing a safe space for healing on all levels.

Amy Krentzman is an Assistant professor at the School of Social Work and at the Center for Spirituality and Healing at the University of Minnesota and an Adjunct Research Investigator in the Department of Psychiatry at the University of Michigan Medical School.

Petra Kuppers is a disability culture activist, community performance artist, and a professor at the University of Michigan.

Lucinda Kurtz, MA Brennan Healing Science Practitioner and former professor of Women's Studies, is a spiritual mentor and teacher of Kabbalah who believes Kabbalah, spiritual practice, and ritual can open paths to self-awareness and transformation.

Dave Krajovic and Pat Krajovic founded Body Works Healing Center in Plymouth, the Global Breath Institute, and Ascension Breathwork. They have advanced training in a wide array of healing techniques, esoteric teachings, and breath mastery.

Kiera D. Laike, IRW brings the theory and practice of Sensology, described in her book on Soul Orientation. Kiera founded the Sensology Institute and created the Human Energetic Development Mentor Certification program it offers. She and her students founded the nonprofit, The One Cause Foundation: theonecause.org.

"There is no way to happiness -
happiness is the way."

— Thich Nhat Hanh

From Physics to Reiki…
Bringing Reiki into the Mainstream

By Andrea Kennedy

I loved my first "real" job as a stress lab technician in a Texas hospital. I was in college then and had plans to work in the medical field for most of my life. Science always fascinated me and I felt at home with the subject. My linear mind felt comfortable with the scientific method as a guide to formulate and test hypotheses. Furthermore, we often used precise measurements, calculations, and verifiable data to establish facts and reach conclusions. That was my world until 1995 when I first heard of Reiki. I had recently graduated with a bachelor of science degree in physics (specializing in health physics) and was working at an outpatient nuclear medicine facility in Idaho Falls, Idaho, when a family member came to visit.

My beloved Aunt Eva flew up from Corpus Christi and began talking about Reiki. She explained it as a Japanese technique for reducing stress and promoting relaxation. She said it helped the body's immune system function better. She told us incredible Reiki stories that perplexed me, but something in me always knew there was much more to life than what we are taught in school or can yet be explained by science. I was intrigued, and she taught both my husband and me level one before she returned home.

Science always fascinated me and I felt at home with the subject. My linear mind felt comfortable with the scientific method as a guide to formulate and test hypotheses.

Reiki is practiced by offering life force energy, or chi, through the palms of the hands. The practitioner places hands lightly on or above various locations of the recipient's body. As the energy flows to the person, the flow of their life force energy can become more balanced, which is often felt as deep relaxation of the mind and body. Although I could feel no difference in my hands when I first practiced Reiki, my husband could feel the Reiki when I offered it to him. It was because of his feedback and encouragement that I went on to complete my Reiki training.

I practiced on myself and my family and began to feel sensations in my hands that could only be described as energy. I had no other explanation. In addition, my senses began to develop about where a person had pain and how they were feeling emotionally and why. The accuracy was unmistakable, although I again had no scientific explanation.

I practiced Reiki on myself and my family and began to feel sensations in my hands that could only be described as energy. I had no other explanation. The accuracy was unmistakable, although I again had no scientific explanation.

These perceptions further ignited my quest to learn more about energy, extra-sensory perception, and all things my traditional family would label as woo woo. In the years that followed, I studied and completed classes on a range of subjects including Theta Healing, the Silva Method, Integrated Energy Therapy, Chinese Energetic Medicine, and Healing Touch. I also learned self-hypnosis which worked perfectly during the labor and delivery of our second son. This further proved to me that the fascinating relationship between the mind and body is undeniable, strong, and mysterious.

In 2006, I began volunteering Reiki at my veterinarian's office and quickly discovered I could communicate with the animals, although I had no training in that area. Word began to spread of my animal Reiki sessions and the results seen by clients. Based on feedback, the veterinarians suggested I begin to charge for my services. I had not started with that intention but decided to take their advice.

Soon, people who brought their animals for Reiki began asking if I offered sessions

Andrea Kennedy has practiced Reiki since 1995. She is the owner of Mainstream Reiki in Saline.

for people. I was both excited and a bit nervous because I would need to figure out all the details and requirements. I decided that if people were asking, it was for a reason. I relied on my daily Reiki self-practice and it supported me as I navigated through what I needed to do. As a result, I grew my practice and opened a small office in downtown Idaho Falls for my two-legged clients and continued to see animals at the clinic.

Not long after, I began receiving requests for teaching Reiki classes. Just like before, I was a bit overwhelmed. However, I missed teaching. I had left my position at the local high school where I taught biology and earth science to devote my time to my Reiki practice. I prepared for and taught my first Reiki class in 2007 — twelve years after I learned Reiki I with my aunt.

I so loved my "work," which didn't feel like work at all. I met amazing people and animals, and my little Reiki practice that began with volunteering continued to grow. Unfortunately, the following year, we had to make the decision to move across the country for my husband's job. It was exciting for us, but at the same time, one of the hardest times of my life. To leave my students and clients behind was just so painful; however, our Reiki connection has kept me in contact with many of them.
The last thing I wanted to do was start over and then have to walk away again, so I went back to practicing Reiki for myself and my family, attending Reiki shares to visit

with other practitioners and studied more in the areas of healing and spirituality. I also volunteered in the Roswell Park Cancer Institute's Healing Touch program. I obtained recertification in all levels of Reiki with different teachers and completed Karuna® Master Training and Holy Fire II Reiki.

When my family relocated to Michigan in 2015, I began making plans to begin offering Reiki again. Reiki is very much who I am. I could not tamp that down any longer. Begun in 2016, my practice in Saline is focused on helping people through Reiki sessions and teaching. I consider teaching Reiki a privilege, honor, and responsibility because I respect Reiki very much. It is powerful and at the same time gentle and non-invasive. I've seen it change lives, and it certainly has shaped mine. It's what I'm meant to do… without question. There is nothing I would rather do than to help people reconnect with who they truly are through the practice of Reiki. It can do no harm, always works for one's highest good, relieves stress, and supports one's immune system to better perform in the ways in which it is designed.

What I feel most passionately about in regard to my work is bringing Reiki further into the mainstream through education and practice so more people may benefit. Reiki is not defined by the new age movement and is increasingly offered at hospitals and healthcare facilities across the U.S. and world. One reason for this is that Reiki is a complementary therapy that marries perfectly with traditional medical care to support the patient in ways often overlooked by mainstream medicine. Reiki helps people be more participatory in their own health and well-being by managing stress and increasing self-awareness. It is through this awareness that we may meet life's situations from a more balanced, objective place. Decisions we make from that state of mind are, therefore, more informed, rational, and simply better for us.

Frankly, there is not an abundance of convincing scientific research proving the effectiveness of Reiki. However, what is out there is a focus of my Facebook page called Mainstream Reiki. There I post research conclusions, press releases, and news stories relating to facilities and organizations successfully implementing Reiki programs as well as testimonials from people who share their Reiki experiences.

I still consider myself a scientist. A skeptical one at that. However, I cannot deny what I have seen and felt through the practice of Reiki. The proof of Reiki is in the experience of it. As more people try Reiki with qualified professional practitioners and go on to learn Reiki, the voices attesting to its efficacy will continue to grow in number and volume. This will assist in the shift of Reiki from being considered a new age curiosity to a mainstream medical complementary therapy, and patients will be better served through more positive care models and outcomes.

Andrea Kennedy has practiced Reiki since 1995. She welcomes clients and teaches all levels of Reiki certification classes. To find out more, visit www.mainstreamreiki.com or call (734) 664-2255.

Practice Room at Mainstream Reiki

Teachers, Lecturers, Workshop Leaders, and The Centers

Mary Ledvina is a writer, artist, healer, and teacher. She loves teaching creativity and has taught art journaling. *Art Journaling Magazine*, *Paragraph*, and *Seeding the Snow* have published her work.

Leslie Science and Nature Center educates and inspires children and adults to discover, understand, and respect their natural environment.

Lifespan Doula Association provides End-of-Life Doula Training and Certification. Owners Merilynne Rush and Patty Brennan are experts in end-of-life issues and the doula model of care. lifespandoulas.com

Mary Light, ND, MH, LMT, is a traditional naturopath and consultant herbalist with a private practice and state licensed school of natural medicine in Ann Arbor.Ellen Livingston has been a student of yoga for 30 years and a certified instructor for a decade. She is also a coach, mentor, public speaker, author, and retreat leader living an authentic, heart-centered, healthy lifestyle.

Lighthouse Center, Inc. in Whitmore Lake is a center for spiritual development founded by Chetana Catherine Florida in 1979. Open to all pathways, the Center is guided by Jain Master Gurudev Shree Chitrabhanuji and embraces Ahimsa, nonviolence toward all beings.

Pam Lindberg is a certified Iyengar Yoga teacher.

Micah Lindquist is an enjoyable and capable crafter who has helped construct buildings at Strawbale Studio. He enjoys working with round-pole building and is an outstanding spoon-carver.

Raisha Love has been teaching since 2007. She is a Purna Yoga Certified Teacher at the 500-hour level. She is currently enrolled in the 2,000-hour program at the College of Purna Yoga.

Holly Makimaa is a transformational life coach, spiritual counselor, holistic writing teacher, and sacred activist.

Julie Mariouw is an English teacher, published writer, former Journal Workshop leader. She is certified to lead workshops using the Amherst Writers & Artists method developed by Pat Schneider, and is an AWA affiliate.

Kevin McCauley is a qualified medical doctor and focuses on the important question about addiction: Is it really a disease?

Barb McConnell, LPN, CHTPI is a nurse, Certified Healing Touch Practitioner, and instructor for Levels 1-4 with 30 years of experience in hospital, clinical, industrial nursing/industrial management. She also teaches Total Health which includes essential oils.

Drake Meadow is a certified leader of the dances and initiated Sufis.

Michigan Friends Center, built in 1994, is a nonprofit organization located on the wooded 90-acre land of Friends Lake Cooperative Community. As a spiritually grounded community, they enjoy discussions that explore their shared experience of renewal through nature.

Kathleen Moore has been teaching voice for about 30 years and is also a certified teacher of the Alexander Technique, a singer, and a certified music therapist.

Ed Morin is a poet and former English teacher at area universities and colleges.

Michael Morwood is the author of ten books on progressive religious thinking. He has given retreats and workshops in more than 30 states, as well as in Canada and Ireland.

The Mother is a combination of many expressions of the Divine Mother such as Mother Mary, Kwan Yin, and others, and expresses different aspects of herself depending on the needs and karma of the person with whom she is sharing darshan. She is trance channeled by Barbara Brodsky.

Glenn Mullin is a Tibetologist, Buddhist writer, translator of classical Tibetan literature, and teacher of Tantric Buddhist meditation. He lived in the Indian Himalayas between 1972 and 1984, and studied philosophy, literature, meditation, yoga, and the enlightenment culture. Glenn is the author of over 20 books on Tibetan Buddhism, founded and directed the Mystical Arts of Tibet, and has curated a number of important Tibetan art exhibitions.

Bonnie Mulliner, owner of Second Star to the Right Herbals and all-around DIY pro, is a repository of knowledge of traditional homestead arts and crafts. She has been knitting and crocheting for over fifty years, and is skilled in both two-needle and multi-needle technique.

Samo Joanna Myers is a SUN SHEN healer, disciple, and senior student of the SUN SHEN founder, Master Sang Kim. Her passion is listening deeply and tapping into a person's ability to change quickly, effortlessly, and permanently.

Naturopathic School of Ann Arbor staff are all licensed massage therapists and traditional naturopaths with extensive experience in natural medicine forms of assessment and treatment.

Teachers, Lecturers, Workshop Leaders, and The Centers

Sifu Genie Parker has trained and taught Wu Style tai chi chuan for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and a gatekeeper of the Wu style.

People Dancing Company is a regional dance company celebrating 32 years of dance.

Ellen Porter, M.Ac, Dipl.Ac of AcuThrive Acupuncture is a Nationally Board Certified Acupuncturist specializing in Classical Five Element Acupuncture and NADA-Acu Detox Specialist.

Pure Hot Yoga Studio in Maple Village promotes health and wellness. Teachers are trained to enhance all levels of yoga practice, beginner to advanced, in supporting everyone to their best potential.

Meena Puri is an Ayurvedic Practitioner, Certified Meditation Teacher and a Yoga teacher. She has been teaching Yoga Therapy for over 22 years and practicing Ayurvedic Medicine for seven years.

Dr. Samm Pryce, N.D. founder of Balanced Integration is a Licensed Naturopathic and Alternative Medical Doctor located in Ann Arbor

Judy Ramsey has offered animal communication and interspecies counseling for over ten years. She applies her social work and linguistic skills to animals. She has mentored with Penelope Smith and Teresa Wagner and teaches three levels of animal communication.

Daniel Rechtschaffen, Marriage and Family Therapist, and Author, founded the Mindful Education Institute and the Omega Mindfulness in Education conference and leads mindfulness in education trainings and conferences at institutions such as the Omega Institute, Esalen, and California Institute of Integral Studies. He has helped create curriculum for the leading mindfulness in education organizations and has a private psychotherapy practice in the San Francisco Bay Area.

The Eleventh Demo Rinpoche, reincarnation of Gelek Rimpoche's father, was born in Tibet and recognized by the Dalai Lama at the age of five, when he entered Drepung Loseling. He received his Geshe Lharampa degree there and continued in tantric studies for several years after. He is currently studying Interfaith Engagement at a theological seminary in the United States.

Karen Renée Robb, an Ann Arbor native currently based in Nashville, is a vocal & visual artist and healer with over 25 years of vocal performance experience. Her passion for sound, creativity, and compassion has led her to assist others in reclaiming their voice, innate rhythm, and creative expression through use of the frame drum. She is also the founder of The Music City Alliance For Sound & Music Healing, a Reiki Master Teacher and Universal Life Minister.

Dave Robison has 40 years experience as an automotive designing engineer at Ford and now applies his skill to holograms and ambient energy in the environment.

Libby Robinson, Ph.D., MSW has been practicing mindfulness meditation since 1979. She was trained to teach mindfulness-based interventions by Jon Kabat-Zinn, Zindel Segal, Susan Woods, and colleagues. She has been teaching Mindfulness-Based Stress Reduction since 2003.

"The mind is everything.
What you think you become."
— Buddha

Barbara Robertson is the Director/Owner of the Breastfeeding Center of Ann Arbor. She is a board-certified Lactation Consultant and breastfeeding educator who loves working with moms and babies.

ShuNahSii Rose began her practice as a feminist educator, healer, and community organizer in Ann Arbor in 1990 to honor the connection between the natural world and hope for the future.

David Rosenberg has been teaching Iyengar Yoga since 1993 and traveled to Pune, India, in 1996 to study at the Ramamani Iyengar Memorial Yoga Institute.

Diane Martin Roshi is a Soto Zen Buddhist priest and transmitted teacher in the lineages of Dainin Katagiri and Shunryu Suzuki from Japan. She is founder and past abbot for 25 year of Udumbara Zen Center in Evanston, IL. Currently she serves as a guiding teacher for Udumbara National Sangha with centers and practice groups in ten states.

Anita Rubin-Meiller, LMSW has been facilitating groups for many years and has offered mindful self-compassion practices for the past six years. A therapist and seeker, she weaves her professional wisdom and personal experiences together in a way that helps others connect to their common humanity with compassion and kindness.

Dolores Rubio-Turtle first experienced Transmission Meditation with Benjamin Creme in 1994. She passionately believes in service and personal growth and since this practice is vital for both, she is excited to share it now in Ann Arbor.

Jonathan Rudinger, RN LMT and founder of PetMassage™, has worked in the canine massage areas since the mid-1990s. He facilitates workshops and home-study courses.

Merilynne Rush, RN has been co-facilitating the Ann Arbor Death Café since 2012. She is a natural death educator, home funeral guide, green burial advocate, and advanced care planning consultant. She is also a certified Respecting Choices First Steps Trainer who teaches end-of-life doula training through Lifespan Doula Association.

Sue Salaniuk holds a Senior Intermediate One Iyengar Certificate. She has studied with the Iyengars in India 12 times and continues to advance her studies regularly with teachers in the U.S.

Mary Seibert, BSN, RYT200 is a Certified Kripalu Yoga Teacher with a foundation in Iyengar. She is also a holistic nurse and Healing Touch Practitioner.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Laura Seligman, MS is a SoulCollage® facilitator, artist, and docent. She also volunteers at the UMi Museum of Art.

SANDYA-Sandra Shears has been a Spiritual Channel, Healer, and Counselor since 1990 as guided by the Higher Communities of Light. As a Light Worker and Vibrational Practitioner, she specializes in activating other Practitioners, Light Workers, and World Servers.

Asha Sheth has been a student of Jain Master Gurudev Chitrabhanuji since her childhood in India. She brings the puja her devotion and a wealth of stories and wisdom of Parswanath.

Vijayalaxmi Shinde, a scholar of the ancient Indian art of Palmistry, can give accurate readings and guidance on all aspects of life. Using the art of Tarot Cards Divination, she can help to find subconsciously hidden answers to important concerns on one's life path.

Terrence Shulman, JD, LMSW, ACSW, CAADC, CPC has been an attorney at law since 1992 and a licensed social worker since 1997. He is the founder/director of The Shulman Center for Compulsive Theft, Spending and Hoarding and is the author of four books, including: *Cluttered Lives, Empty Souls* (2011).

Antonio Sieira, PhD is a professional member of the American Hypnosis Association, with certifications in past life regression, smoking cessation, and weight loss therapies. He is also certified by the American Alternative Medical Association as an Alternative Medical Practitioner, and is the creator of the Mindfulness Meditation System.

Anneliese Sinnott, OP is a Dominican Sister of Adrian, MI. She recently retired from the profession of professor of systematic theology at Ecumenical Theological Seminary of Detroit.

Lynn Sipher, LMSW has provided psychotherapy since 1985 and mindfulness-based classes and workshops since 2006. She is a founding member of Ann Arbor Center for Mindfulness.

Barb Smith is the author of *Brent's World*.

Song of the Morning offers an opportunity to become immersed in the simplicity, serenity, and sustenance of a balanced yogic lifestyle. We offer a place of spiritual refreshment and relaxation to those on a conscious spiritual journey toward union with the Divine, to those hoping to discover their own highest potential, and to all who seek respite from the worries and cares of the world.

Sophia Unfolds is a community of women dedicated to empowering one another and uplifting the Divine Feminine.

Southeast Michigan Astrologers' Research Round Table (SMARRT) is a local chapter of the National Council for Geocosmic Research (NCGR).

Matt Statman is the University of Michigan Collegiate Recovery Program Manager.

Ema Stefanova, MA, E-RYT500, YACEP, Member IAYT, is a yoga and meditation master as well as an experienced teacher trainer, healer, author, and therapist. She belongs to the Satyananda yoga lineage and has taught worldwide for over 30 years.

John Steinbauer is a clear-channel intuitive Reiki Master Teacher and Sound Healing Practitioner. John offers a large array of services, including his unique Sound Healing Therapy, Reiki Therapy, Distant Reiki, Intuitive Energy Cleansing, and Group Healing. He also teaches Reiki I, II, Master, and Teacher levels.

Marsha Stroko, one of the innkeepers of Inn at the Rustic Gate, has a long history of studying and teaching in the field of consciousness and spirituality. She has focused her attention to second half of life issues and brings amazing focus and awareness to the transitions we make as we pass through the gates.

J**eremy Suttles, MSE, LMSW** is a clinical Social Worker at University of Michigan Hospital, Adult Inpatient Psychiatry.

Steven Sy is a senior instructor of Master Mantak Chia's system. He is certified in Qigong Meditation Basics, Tao Yin Qigong, Iron Shirt Qigong 1-2, Tai Chi Qigong 1-3, and Fusion of the Five Elements 1. Steven is the only instructor in the US certified in Tai Chi Qigong beyond level 2.

Lauren Tatarsky has a Master's in Spiritual Guidance and has been a yoga and meditation instructor for over seven years. She has years of experience working with teenagers on mindfulness, stress reduction, and connecting inward.

Pamela Taylor began her journey with astrology at the age of 14 and calls it her life's passion. She is an ordained Spiritualist minister.

Robert Taylor has been a scholar and writer of Vedic Philosophy for 47 years; he studied the Vedic scriptures while living as a Hindu monk in India.

Janene Ternes is a commissioned spiritual director and founder of Prayer in Motion, LLC. She has developed a variety of workshops that teach and inspire holistic forms of prayer to help others find and achieve their own inner connection with God.

Teachers, Lecturers, Workshop Leaders, and The Centers

The Threshold Choir honors the ancient tradition of women singing at the bedsides of people who are struggling, some with living, some with dying. When invited—and without charge—we visit in small groups, welcoming families and caregivers to join us in song or simply to be present.

Thrive! Wellness Center uses Nutrition Response Testing™ involving the body's reflexes to determine the underlying cause of illness.

Stephanie Tighe, MSW is a teacher and shamanic healer who co-founded Spirit Weavers, a training and support organization for shamans. She has over 25 years of experience healing and leading workshops nationally and internationally. She has trained extensively with Sandra Ingerman.

Tiny Lions is a non-profit center that has cats for adoption roaming the building. You can come in and sit with the cats while studying or come to events with the cats.

Judy Lee Trautman is a certified leader of the dances, an initiated Sufi, and an ordained Sufi Cherag.

Jennifer Vanderwal is a Healing Facilitator, Reiki Master, Intuitive Spiritual Counselor, and Melody Crystal Healer Instructor. She has taught classes for over ten years.

Cam Vozar, LMSW, LMFT, a psychotherapist in private practice for over 25 years, has worked with individuals and couples focusing on trauma, recovery, spirituality, and EMDR.

Patricia Walter, OP, PhD a licentiate in theology from the Jesuit School of Theology in Berkeley and a doctorate in philosophical and systematic theology from the Graduate Theological Union. She also holds a doctorate in humane letters, honoris causa, from Barry University. Sister Patricia has taught at Siena Heights University, St. Mary Seminary in Cleveland, and Pontifical University of St. Thomas in Rome.

Joe Walters has over 20 years of experience practicing Chen style Tai Chi with Richard Miller.

Kashi Walters is the Co-Director at the nonprofit Kashi Nivas Shiva Meditation Center in Ann Arbor. She is an experienced hatha yoga, meditation, and self-inquiry instructor.

Sifu Joseph Wang is the Head SUN SHEN Tai-Chi Instructor and Senior Tai-Chi Students of Master Sang Kim. He has been teaching since 2005.

Dr. Mark A. Weiner, MD, D-FASAM is an addictionologist and pain management specialist.

Lou Weir is a long-time student of the Diamond Approach and a teacher-in-training. He is also a founding teacher of Insight Meditation Ann Arbor.

Alia Wesala provides brief astrological consultation sessions to individuals, couples, and families.

Ben Wielechowski is the Education Director at Robin Hills Farm. For over seven years he has been a teacher specializing in college-level composition. He is a new father, writer, and adventure enthusiast.

Suzy Wienckowski is a Reiki Master and Massage Therapist with over 35 years of experience in healing arts. She teaches the traditional Usui System of Reiki Healing and is a member of the Reiki Alliance.

Eve Wilson is the creator and Director of the Healer Development Program and a full-time Healer Practitioner since 1986. She is a groundbreaking leader in healing and ascension who helps others access their gifts and realize their potential as healers.

Julie Wolcott, MA, CSW, LPC has practiced in the fields of counseling and psychotherapy for over 40 years. Besides being a Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga teacher, she is also a Certified Transformational Breath Facilitator since 2004 and a Senior Trainer with the Transformational Breath Foundation since 2006.

John Wolff, Professor of Humanities, Author, and Priest, who in the Zen community is John Gendo Wolff, used to live in Ann Arbor, graduated from Huron High School, and attended freshman year at the University of Michigan. Since then, he has obtained the degrees: B.A., University of Cincinnati; M.A., University of Colorado; M.F.A., University of Montana. He has also taken his family to live in China where he taught English and learned Chinese.

Women's Divorce Resource Center (WDRC) is an all-volunteer, nonprofit, educational organization. It offers workshops by experienced divorce professionals including Licensed Marriage and Family Therapists, Certified Divorce Financial planners, and Attorneys.

Master Wasentha Young is a Master of T'ai Chi and Qigong with over 48 years of experience. She has received formal instruction in different styles of meditation and massage therapy and has a master's degree in Transpersonal Studies.

Lama Kathy Wesley is a native of Columbus, Ohio, and has studied Tibetan Buddhism since 1977. She participated in a three-year retreat led by the Ven. Khenpo Karthar Rinpoche at the Karmé Ling Retreat Center in Delhi, NY. You can learn more about Kathy at lamakathy.net.

Rebecca Williams has been a Tarot card reader at Crazy Wisdom for over ten years. Her readings explore deeper soul movements in our lives. Through intuitive readings she assists individuals to use their own soul awareness and wisdom to promote positive change and instill harmony through all of life's complications.

> ***"Love and compassion are necessities**, not luxuries. Without them humanity cannot survive.*
>
> — Dalai Lama

Yoga Focus, an Iyengar Yoga studio, is celebrating 25 years as a yoga center. Teachers value their practice of yoga and the respect for their students.

Yoga Space consists of teachers certified in the Iyengar method with decades of experience. They excel at making yoga fun and accessible for everyone.

Ypsi-Arbor Childbirth Education was formed in 2017 by Ariana and Katy after they had been teaching childbirth education in a variety of ways throughout their work as doulas. They are dedicated to making you pregnancy and birth as empowered as possible, and easing the transition into parenthood by offering up-to-date, evidence based information in a relaxed atmosphere.

Karlta Zarley, RN, CHTP, has 36 years of experience in preventive and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice for 19 years as a professional healer and educator. She leads classes and retreats, and also provides energy work, spiritual direction, and consultations on essential oils and flower essences.

The Zen Buddhist Temple was formally opened in 1981 as part of the Buddhist Society for Compassionate Wisdom. The Temple functions on three levels: as a temple serving the public, as a training center for ordained members, and as a Sangha or community of members.

Tina Zion, RNC, BA, CHt, RMT is a fourth-generation psychic who has been practicing and teaching holistic healing for over 30 years. She is known internationally for her books including Become a Medical Intuitive: The Complete Developmental Guide and The Reiki Teacher's Manual.

Kate Zurenko is an award-winning Chelsea-based professional photographer, with a special passion for backyard and wildlife photography. Trained at Boston University, she has several years of experience tutoring shutterbugs, from beginner to professional.

Summer Sun

Great is the sun, and wide he goes
Through empty heaven with repose;
And in the blue and glowing days
More thick than rain he showers his rays.

Though closer still the blinds we pull
To keep the shady parlour cool,
Yet he will find a chink or two
To slip his golden fingers through.

The dusty attic spider-clad
He, through the keyhole, maketh glad;
And through the broken edge of tiles
Into the laddered hay-loft smiles.

Meantime his golden face around
He bares to all the garden ground,
And sheds a warm and glittering look
Among the ivy's inmost nook.

Above the hills, along the blue,
Round the bright air with footing true,
To please the child, to paint the rose,
The gardener of the World, he goes.

— Robert Louis Stevenson

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